JIU JITSU STYLE

"PEOPLE WHO COMPETE IN SUBMISSION ONLY RULE SETS ARE AGGRESSIVE AND ARE SUBMISSION HUNGRY"

ISSUE: 25 / 2015 £3.95

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LUCAS LEPRI

NOGI WITH LUIZ TOSTA

POLARIS PRO EVENT REVIEW

JACKSON SOUSA

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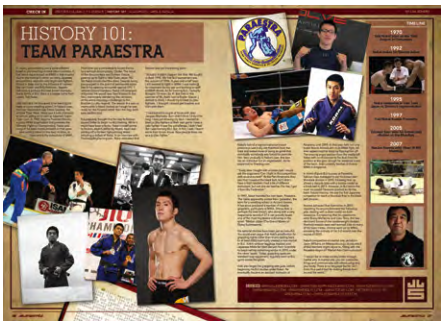

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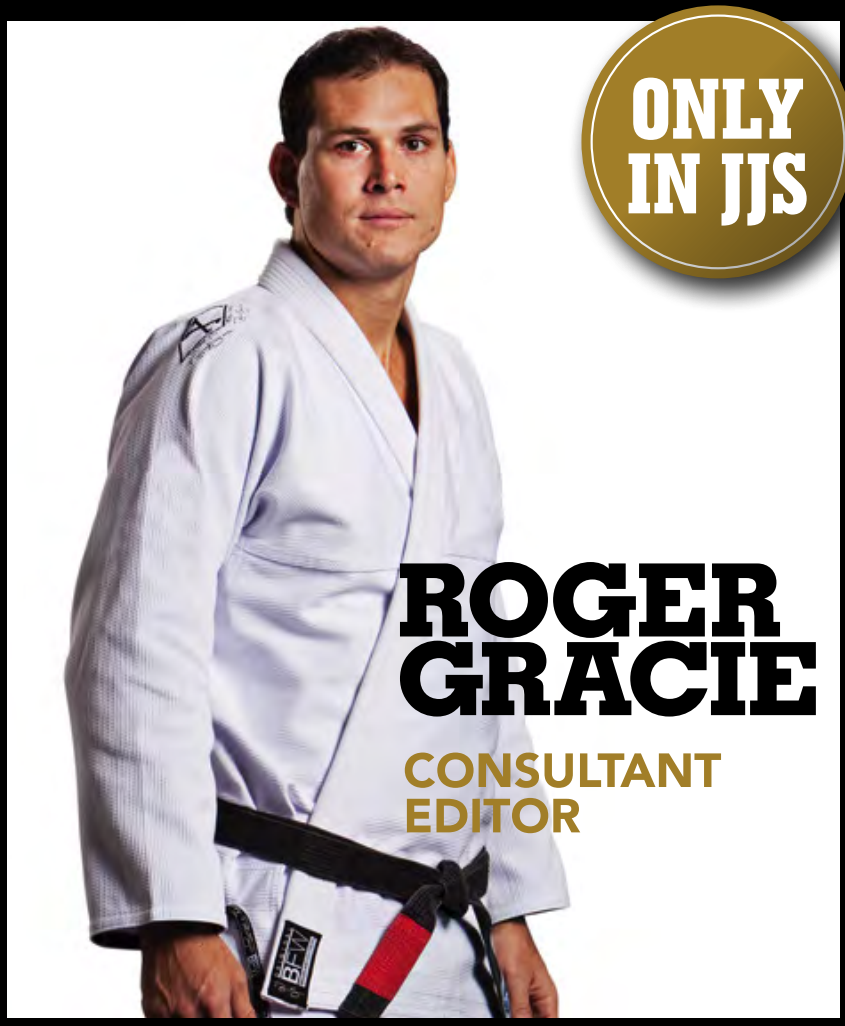

January is always an exciting month for jiu jitsu, with the first major IBJJF event of the year taking place in Lisbon. It is a testament to the growth of the sport that this was the biggest ever European championships, and also the biggest attended IBJJF event to date the world over. It's amazing to see how far things have come, and the atmosphere in the venue was fantastic.

January also saw the launch of Polaris Pro, a brand new submission only invitational that took place in Cardiff, Wales. Although I wasn't able to attend the show everyone has told me that it was a great success, with some big names competing and plenty of exciting fights. It's great to see a top quality event like this start up in Europe, so fingers crossed it continues to be a success. Check out our event review and picture series inside this issue.

"IT IS A TESTAMENT TO THE GROWTH OF THE SPORT THAT THIS WAS THE BIGGEST EVER EUROPEAN CHAMPIONSHIPS, AND ALSO THE BIGGEST ATTENDED IBJJF EVENT TO DATE THE WORLD OVER"

It's great to have Garry Tonon as the latest *Jiu Jitsu Style* cover star. Garry has been competing an awful lot over the past twelve months, and he's really found a rhythm in the submission only tournaments. He shares some interesting insight into his training mentality and routine in New York, so make sure you check out the feature.

Jackson Sousa has shown a great guard passing series in our Masterclass this issue. Jackson is a great guy and a very talented fighter, who I expect to see do very well in the coming stages of his career. His skills as a guard passer are well known, so make sure you check out his details!

As my friends will know, I've been working very hard over the past eighteen months developing a brand new federation for the UK jiu jitsu scene. The UKBJJF is set to launch properly this year, and we have big plans for introducing some more top quality tournaments into the UK calendar, as well as helping to develop the sport as a whole.

I hope you like the latest issue of the magazine and – until next time – keep training and enjoying jiu jitsu.

ROGER GRACIE

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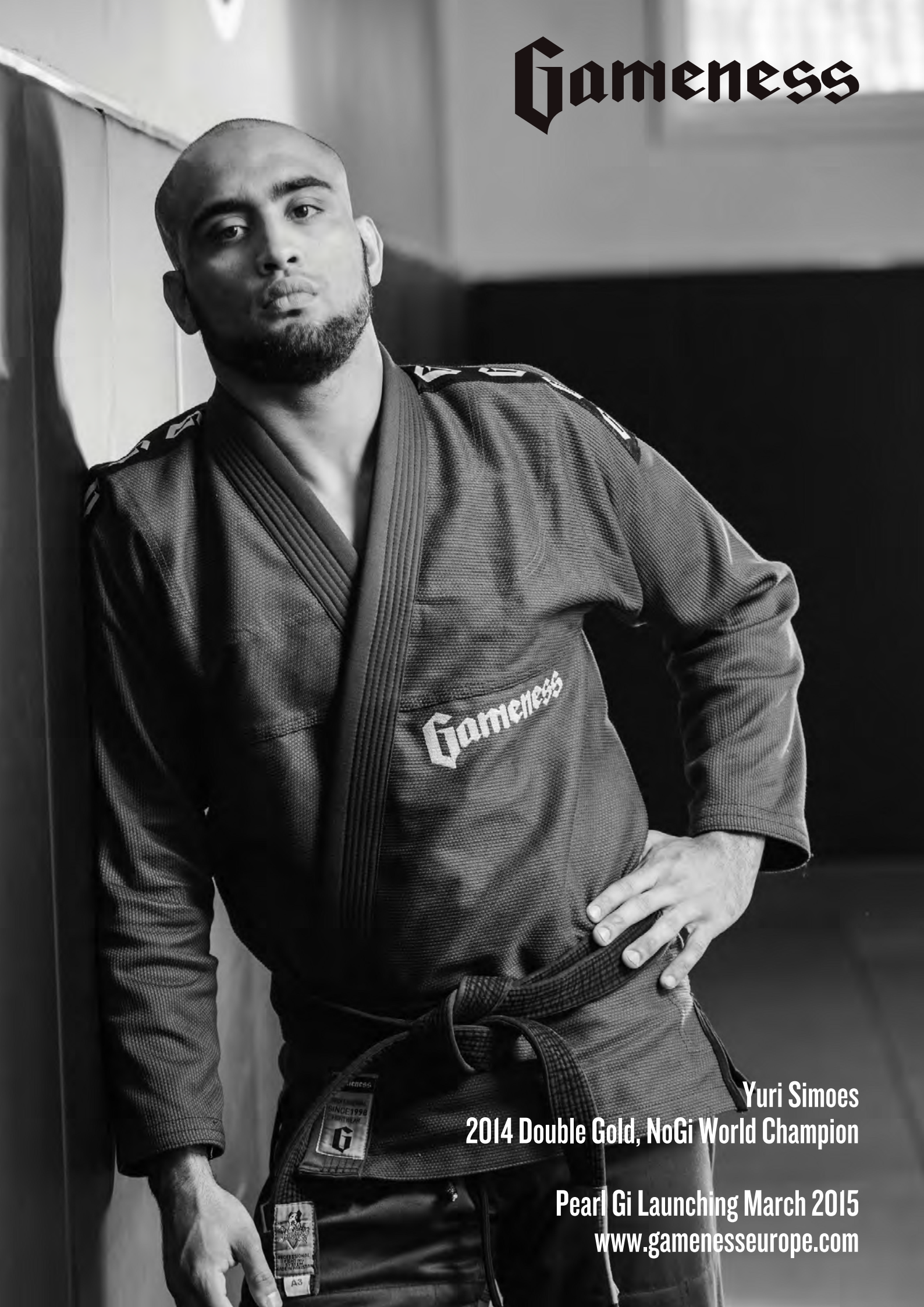
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THE BIG PICTURE

MC Tone Anderson prepares to rouse the growing crowd ahead of the first ever Polaris Pro Jiu Jitsu Invitational in Cardiff, Wales.

PICTURE: ANDY DOUGLAS

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NEWSROOM

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BJJ NO-MAD UPDATE

Nowadays it's pretty easy to buy a cheap plane ticket, take a selfie in front of the Eiffel tower, Big Ben or the Kremlin, and not find it all that exciting. Travelling is not what it was. It doesn't really matter where you go but, more importantly, who you will meet and what will you learn about the world. Some of the life stories that will change your mindset and outlook may not be on the other side of the world, but just next door. It's up to you to search for them. Now, that is a true adventure.

"Everybody says jiu jitsu saved their life, but unfortunately it almost took mine…" says my collocutor with a bitter expression on his face. He was stabbed twelve times and beaten with baseball bats almost to death, because he wanted to open a dojo near another BJJ academy. I sit, silently, in the middle of the desert near Abu Dhabi and think about how diverse the ways of the warrior could be. Decades ago, when I felt for the first time that documentary cinematography was my calling, I declared a war on the clichés in my life. I promised to myself that I would use conventional knowledge only as a starting point for my journey into human life stories and would learn again from those who struggle to stay on the warriors' path - no matter what. And, that's what I'm doing now.

If you want to know how many times a day the best European black belt trains, or what their nutrition plan is, NO-MAD is not the right project for you. But, if you're interested in the real stories behind the men who wear the gis, we are right up your street! We talk to the champions who share their views that medals don't really make you happy, the UFC fighter who prayed for years and finally God answered him with a true miracle – a win you cannot achieve on any mat or in any cage. And, the dedicated Muslim from the heart of the Middle East, who shared with us the big connection he sees between BJJ and his faith. Ordinary people like me and you with extraordinary stories.

The BJJ NO-MAD documentary is not about collecting stamps in our passports. It's about collecting different states of mind, so we learn and become better human beings.

Join us on www.BJJNOMAD.net and facebook.com/BJJNOMAD.

Oss!

#ASIANGAMES #2018 #BJJONTV

2018 ASIAN GAMES TO INCLUDE JIU JITSU

The question of whether Brazilian jiu jitsu could become an Olympic sport has been around for a long time. Discussion intensified as soon as it was announced that the 2016 Olympics would be taking place in Brazil; no doubt it will become louder as that event draws closer. There is no possibility of BJJ being a part of the 2016 Olympics, but the efforts of the Jiu Jitsu Asian Union (JJAU) – which currently has around thirty members, including the influential United Arab Emirates Jiu Jitsu Federation (UAEJJF)- has managed to get the sport into some other high profile multi-discipline events.

In November last year, BJJ was confirmed as part of the 2017 World Beach Games. In January, the JJAU accomplished its next major goal, securing entry into the 2018 Asian Games. The significance is that the Asian Games is the second largest multi-sport event after the Olympics itself. JJAU General Secretary, Fahad Ali Al Shamsi, told TheNational.ae:

"Whatever we achieved over the one year is the result of the hard work and the backing from our member federations in Asia. Obviously we are proud and excited but it also means more work ahead. Our first task is to prepare for our first appearance at the Asian Games from now on. We are planning to stage the first Asian Championship under the JJAU around October as a forerunner to the Games in Jakarta. The idea is to provide the organising country, to rehearse ahead of the Asian Games."

#JJWL #COMPETITION JITS #FIGHTTOSUBMIT

JIU JITSU WORLD LEAGUE HOLDS FIRST EVENT

The first JJWL event took place on January 17th, with newly minted Rigan Machado purple belt Ashton Kutcher in attendance. According to one participant, posting on BJJGirl.net, the tournament lived up to expectations:

"I have to say that the Jiu Jitsu World League really got it right for this new tournament series. The rules dictated that bigger moves and a faster pace were the way to win. Takedowns were worth more if they were more difficult, and more action was forced by the strict no-stalling policy. I felt the demand to keep going, and almost every match that I had a chance to watch was indeed action-packed."

To find out more about the League and enter its next tournament, head to www.jjworldleague.com.

The Jiu Jitsu Global Federation rule set also had its inaugural outing recently, with the Circle of Iron competition taking place on the 1st February. Despite intense weather conditions, around 100 competitors braved the eight inches of snow in Nebraska. Axios BJJ emerged as team champions of the first tournament to fully implement the JJGF rules: check out www.circleofironbjj.com for more information.

#GRACIENATIONAL #GARRYTONON #EDDIEBRAVO #SUBONLY

GRACIE NATIONALS STREAM NO TIME LIMIT SUB ONLY

Live streaming of submission only competition has been taking place for several years now. The line-up for events like Metamoris and Polaris has consisted of high-profile athletes attempting to finish their opponent against the clock. A pay-per-view model has also been standard, providing not only income for the organisers but prize money for the fighters.

In February, the Gracie Nationals tried something different. In addition to the larger tournament, they also put on several superfights where, in contrast to Metamoris and Polaris, there was no time limit. Although US Grappling has offered sub only with no time limits since 2008, this is the first time in recent memory that sub only with no time limits between high level competitors has been made available on a free stream. Garry Tonon – who is fast becoming the fighter to beat at submission only – continued his winning streak against UFC veteran Javi 'Showtime' Vasquez, while Eddie Cummings was able to defeat 10th Planet black belt Denny Prokopos.

Hopefully this could signify a new trend in sub only broadcasts, with more no time limit matches. It is arguably the only way to guarantee a winner, in contrast to the numerous draws seen in events that persist in using time limits.

#PTSD #COURAGE #BJJSAVEDMYLIFE

OVERCOMING PTSD WITH BRAZILIAN JIU JITSU

Robert Consulmagno came to national attention in the US after the former marine's story of tackling post traumatic stress disorder through jiu jitsu hit the headlines. His PTSD and bipolar symptoms developed from both his military experience and a difficult childhood: his biological father committed suicide when Robert was 11 years old, while his mother was abused by Consulmagno's stepfather for over a decade.

Once he started training, Consulmagno was able to turn his life around. Now 42 and already a purple belt after only three years, he has swapped his medication for the mats. He insists that he has never felt better. Consulmagno told NJ.com in January that "I'm trying to help save lives without medicating. When I was on it, I was more depressed, suicidal and hospitalised. Once I got off it, my life began to change."

His story has continued to spread through the US media, with a *Jersey Journal* article last year, which was followed by several major news organisations like ABC, then most recently Fox News. Consulmagno trains at Princeton Jiu Jitsu five or six times a week, under the experienced eye of Emily Kwok.

Nick Brooks (Black Elite)
IBJJF European Champion 2013
NAGA European Champion 2012
Dickie Martin (Black Leve)
Masters World Champion 2014
Heavyweight and Openweight
Sam Gibson (Blue Leve)
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Lee Renaut (Superlight)
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#IBJJF #UKBJJF #UKJIUJITSUSCENE #COMPETITION #OLYMPICPARK

IBJJF & UKBJJF HOLD THE LONDON WINTER OPEN

Late February saw the IBJJF and newly formed UKBJJF hold their first dual event – the London Winter Open. The tournament took place at the Copper Box Arena, Queen Elizabeth Olympic Park and Joshua Halvatzis was there to capture all the action.

Pictures: Joshua Halvatzis

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BELT PROMOTIONS

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SEND YOUR EMAILS TO U2US@BJJSTYLE.COM

Fernando Escalera was promoted to purple belt by David Selpa from Carlson Gracie Team - Puerto Rico.

Paul Johnson receiving his purple belt from coach Kenny Baker out of Hybrid MMA and Fitness Centre Plymouth (UK).

Steve Dudley-Brown and Peter Meredith both receiving their blue belts from David Iverson at Gracie Barra Tamworth, Staffordshire.

Tony Bebbington and David Webb receiving their black belts from Nic Gregoriades of the Jiu Jitsu Brotherhood.

Mark Tyrrell receiving his blue belt from Chico Mendes at the Checkmat interclub, London, with none other than Léo Vieira and Marcus "Buchecha" Almeida taking the seminar!

Christian Dummer (former German Ju Jutsu National Team member) was promoted to brown belt from Hans Hutton, Team Wing Revolution.

Douglas Fisher, Steven Playfair and Barton Derenowski were promoted to purple belt by Rick Young in Edinburgh.

Alex Ozobia received his blue belt from Chico Mendes and Scott Ramsay at Checkmat South Shields.

Gabriel Garcia received his blue belt from Ben Eaton, who is a black belt under Saulo Riberio.

Shae DeWent was promoted to blue belt by Chad Pomeroy. Pictured with Chad Pomeroy and Kroyler Gracie.

Ayman Nassralla received his black belt from Leo Negao.

Winthorpe Burke, Greg Zabinski and Kevin Kao were promoted to blue belt by Sam Joseph in Atlanta, Georgia.

Ross Wright was promoted to black belt by Jorge Gurgel.

Jon Shotter receiving his black belt from Roger Gracie in London.

Taylor Pearman was promoted to purple belt by Alain Pozo at Carlson Gracie Essex.

Matt McGovern and Krzysztof Maciejewski received their blue belts under David Onuma / Gary Baker for team CFS.

Sean Gonsolin was promoted to brown belt under Professor Eliot Kelly at El Dorado Hills BJJ.

A WORD FROM THE EDITOR
A TIME TO REFLECT

Issue 25 is an important landmark for the magazine as we kick off 2015 and have a chance to reflect on our first four years of publishing. Four whole years! It sounds like such a long time, but in truth, it's flown by. They say that can happen when you're having fun.

The idea of starting *Jiu Jitsu Style* first came about while I was a blue belt, working hard chasing my career ambition as an Editorial Assistant at Chelsea FC TV. As a football fan, I should have felt like I was in one of the best jobs in the world, with the perfect career path laid out in front of me. Instead, all I could think about was jiu jitsu and the prospect of starting up a magazine.

So, armed only with my passion for writing and photography, and absolutely no experience in publishing, I abandoned my promising career in TV to start up *Jiu Jitsu Style* – and I've never looked back.

I'd be lying if I said it's all been plain sailing, as feeling my way around the publishing world has put me on a very steep learning curve. Even the prospect of setting up a company was daunting for me, a man with literally no business experience! As JJS was to be a standalone title, I had no access to a publishing guru or anyone with prior experience in the publishing industry, so it really has been a case of learning on the job. Juggling between the roles of writer, photographer, editor, salesman, accountant, marketer and social media whizz has been 'interesting' to say the least. That said, I am extremely proud of every issue we've released, and the buzz I get when picking up the first copy off the press is still just as strong. There have been some bad times, frustrating times, plenty of great times and we have continued to move forward and progress.

"OUR FOUR YEARS OF PUBLISHING HAS COINCIDED WITH THE SPEEDY GROWTH OF JIU JITSU ACROSS EUROPE AND THE UK, AND WE'VE SEEN THE COMMUNITY GO FROM STRENGTH TO STRENGTH"

The magazine's continuous growth is in no small part down to the network of support I have had from friends, family and some amazing people within the jiu jitsu community. As soon as news got out that I was launching a jiu jitsu magazine in the UK, the help, support and guidance I received was simply amazing. There are too many people to mention individually, but for everyone that has sacrificed their time, effort and resources – often for no personal benefit – I am truly grateful and forever in your debt. You all know who you are.

Our four years of publishing has coincided with the speedy growth of jiu jitsu across Europe and the UK, and we've seen the community go from strength to strength. As the art continues to grow in popularity and gain mainstream appeal, there will no doubt be a variety of challenges and growing pains along the way. I believe that there are plenty of people working hard to make jiu jitsu better, in every sense of the word. It's easy to lose sight of how far we've come in terms of the sport's organisation, the number of excellent tournaments we have available to us, the amount of talented athletes amongst our ranks and the genuine feel of community we've managed to cultivate.

People will not always agree on what's deemed the best foot forward for jiu jitsu, just as opinion is divided in any community. For me, I see a bright future ahead of us, reassured in no small part by the tremendous support the UK masses initially showed me when launching a product I hoped would enrich the community. When all is said and done, we are lucky to have so many people willing to invest their time, effort and money to make the sport better for us all.

Since our launch four years ago I've achieved the rank of brown belt under my instructor, Roger Gracie (exciting) and also turned 30 (not so exciting). If I'm being brutally honest, I found my transition from purple to brown pretty hard initially. The combination of my new rank, the number of beasts I train with regularly and my own ego led me to doubt my abilities and to sometimes forget why I started training in the first place. Now, a year into my brown, I feel I've passed an important barrier with my mind-set. There's always going to be someone better than you out there, so as soon as I stopped worrying about others and concentrated on my own progression, my training has been going great. It's amazing what life lessons you can pick up on the mat.

Reflecting on the past leads to thinking about the future, and I am very excited about the future of jiu jitsu. Before I started training BJJ, I had never felt such an intense passion for anything else in my life, and if you're reading this, you know what I'm talking about. It's never going to make me a millionaire, but *Jiu Jitsu Style* is my baby, and I will always try to make each issue better than the last for the people who love the art. By training BJJ, we are all part of something special, and I look forward to documenting the exceptional people within our community for years to come.

Thanks for picking up our latest issue and keep training!

CALLUM MEDCRAFT

SHOYOROLL
MENDES BROS

IT'S SCIENCE:

LUCAS LEPRI

BY TYLER BISHOP

LUCAS LEPRI IS A 2X IBJJF WORLD CHAMPION IN THE GI, AND A 3X IBJJF NOGI WORLD CHAMPION - IMPRESSIVE STUFF. KNOWN FOR HIS DEVASTATING GUARD PASSING (POPULARISED BY HIS SUCCESSFUL DVD SERIES), LEPRI IS ONE OF THE BEST LIGHTWEIGHT COMPETITORS IN HISTORY. THE ALLIANCE STAR HAS BEATEN THE LIKES OF JT TORRES AND ROBERTO SATOSHI SOUZA IN RECENT OUTINGS AT THE MUNDIALS AND CURRENTLY STANDS AS THE NO.1 RANKED LIGHTWEIGHT FIGHTER.

HIS AVERAGE MATCH LENGTH WAS APPROXIMATELY

7 MINUTES 31 SECS

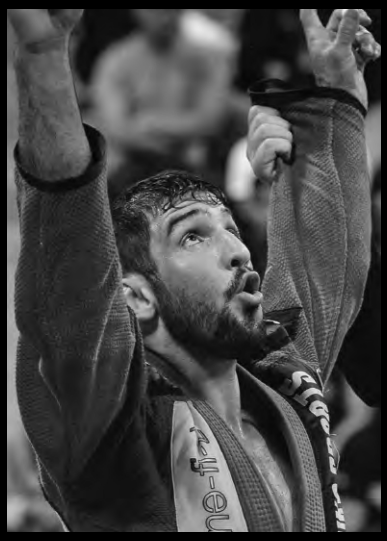
BishopBJJ.com
THE SCIENCE OF JIU JITSU

'It's Science' is brought to you by BishopBjj.com. The goal of BishopBjj.com is to expand and empower the jiu jitsu community by emphasising the science and art of jiu jitsu in fun and exciting ways. We want to highlight what makes jiu jitsu so calculated, but also what makes it so much fun.

43%

OF LEPRI'S SUBMISSIONS WERE CHOKES FROM THE BACK

LEPRI TOOK HIS OPPONENT'S BACK IN 46% OF WINS



54%

OF LEPRI'S WINS ENDED VIA A SUBMISSION

87%

OF LEPRI'S MATCHES ENDED IN VICTORY

LEPRI SCORED FIRST IN 12 OF THE 13 WINNING MATCHES

64%

OF LEPRI'S PASSES OCCURED FROM HALF GUARD

NUMBER OF MATCHES OBSERVED	15
TOTAL MINUTES OBSERVED	113
MATCHES WON BY SUBMISSION	07
MATCHES WON BY POINTS	06
OPPONENT WON MATCH	02
TOTAL MATCHES DRAWN	00
TOTAL MATCHES WON	13

ABSTRACT:

All matches observed of Lucas Lepri used in this small sample occurred at IBJJF events, inside his weight division, and in the years 2011-2014. Only techniques, occurrences, and outcomes that were recorded are displayed in the data below (i.e. if no butterfly sweeps occurred, there will not be a representation of that in the sample data charts). Matches were selected at random based on freely available matches. This is a limited sample but - given the estimated amount of matches in this time period – it is well above the percentage necessary to create a scientifically validated trend sampling.

THE BREAKDOWN

Lucas Lepri is one of the most accomplished grapplers still active today. A multi-time world champion, Lepri has proven himself a model of consistency over the years. What's even more impressive is Lepri's dynamic ability to win tournaments using a wide-variety of strategies. In 2014 the world saw Lepri demonstrate his takedown and passing prowess to perfection as he took down and passed the guard of JT Torres in the world finals. In the past it has often been Lepri's stellar guard work and submission propensity that has earned him the world champion moniker. Ultimately, studying Lepri is a treat as his abilities and skills are so consistent and precise that we immediately understand why he has been so successful to this point.

THE STUDY

When we consider the top guard passers in the game today Lepri's name is often brought up. Our study found that this connection is most definitely based in reality. Lepri averaged 1.13 passes per match, the second highest we've ever recorded (#1 was Gui Mendes). Approximately 64% of his passes occurred from top half guard with the vast majority of his passing finishes being of the knee through variety. This often allowed Lepri to setup one of his most dynamic submissions which was the baseball bat choke (also a Gui Mendes favourite). This submission accounted for roughly 15% of his total submissions.

Speaking of submissions, Lepri had a submission rate in matches that he won of 54%. On top of that, his total winning percentage was 87%. Lepri preferred to finish his opponents from the back; 43% of his submission victories were chokes from the back. Lepri often used his dynamic passing abilities to set-up the back take. Half of his back takes occurred from this type of scenario. Lepri often baits his opponents into defending the guard pass so dramatically that they gift their backs to him. Lepri makes a living capitalising on his opponents' mistakes.

One of the most impressive elements of Lepri's style is his ability to win almost every matchup (i.e. playing bottom or top – in various scenarios). Lepri's guard game is surgical. He is not as specialised as former subjects, like Rafa Mendes or Cobrinha, but he is equally mathematical in his setups and execution. His top sweeping position was sit-up guard (43%), and his top sweep type was a tomonagi style sweep. Lepri is the first subject we've studied with a tomonagi as his highest percentage sweep.

Ultimately, Lepri may be the most well rounded competitor we have studied to date, not just technically, but in his complete application of jiu jitsu in a tournament setting. Lepri has demonstrated the ability to win matches in a variety of ways: top, bottom, by points, by submission, etc. He is a rare model of consistency and excellence who doesn't show any tangible signs of slowing down any time soon.

SWEEP (POSITION)

DE LA RIVA	2
SPIDER SWEEPS	4
X GUARD	1
SIT-UP GUARD	3

SWEEP (TYPE)

ANKLE PICK SWEEP	2
TOMONAGI	3
X GUARD	1
TRIPS/OFF BALANCE	0
SIT-UP AND OVERTAKE OPPONENT	2
COLLAR DRAG/ARM DRAG	1
HOOK SWEEP	1

PASS (POSITION)

ON KNEES	1
HALF-GUARD	11
STANDING	5

PASS (TYPE)

LEG DRAG	3
KNEE THROUGH	5
LEG PINNED/AROUND THE LEGS	4
LEG WEAVE PASS	2
REVERSE SITTING HALF GUARD PASS	3

TAKING THE BACK

SIDE CONTROL	1
FROM PASSING THE GUARD	3
GUARD	2

SUBMISSION (POSITION)

BACK	4
SIDE CONTROL	2
KNEE ON BELLY	1

SUBMISSION (TYPE)

CHOKE FROM BACK	3
ARMBAR	3
NECK CHOKE	1

SUMMARY

AVOIDED: 50/50 GUARD & THE MOUNT

SUCCESSES : KNEE THROUGH PASS & HALF-GUARD PASS

TOP TECH 1: KNEE THROUGH PASS

TOP TECH 2: OUTSIDE STANDING TRIP

HISTORY 101: TEAM PARAESTRA

In Japan, pro-wrestling was a quite different beast to pro-wrestling in most other countries. It has had a major impact on MMA in that country, due to the manner in which so many Japanese pro-wrestlers were also very legitimate fighters, thanks in large part to the influence of trainers like Karl Gotch and Billy Robinson. Kazushi Sakuraba is perhaps the best known example, but in terms of BJJ, there is a bigger name from Japan: Yuki Nakai.

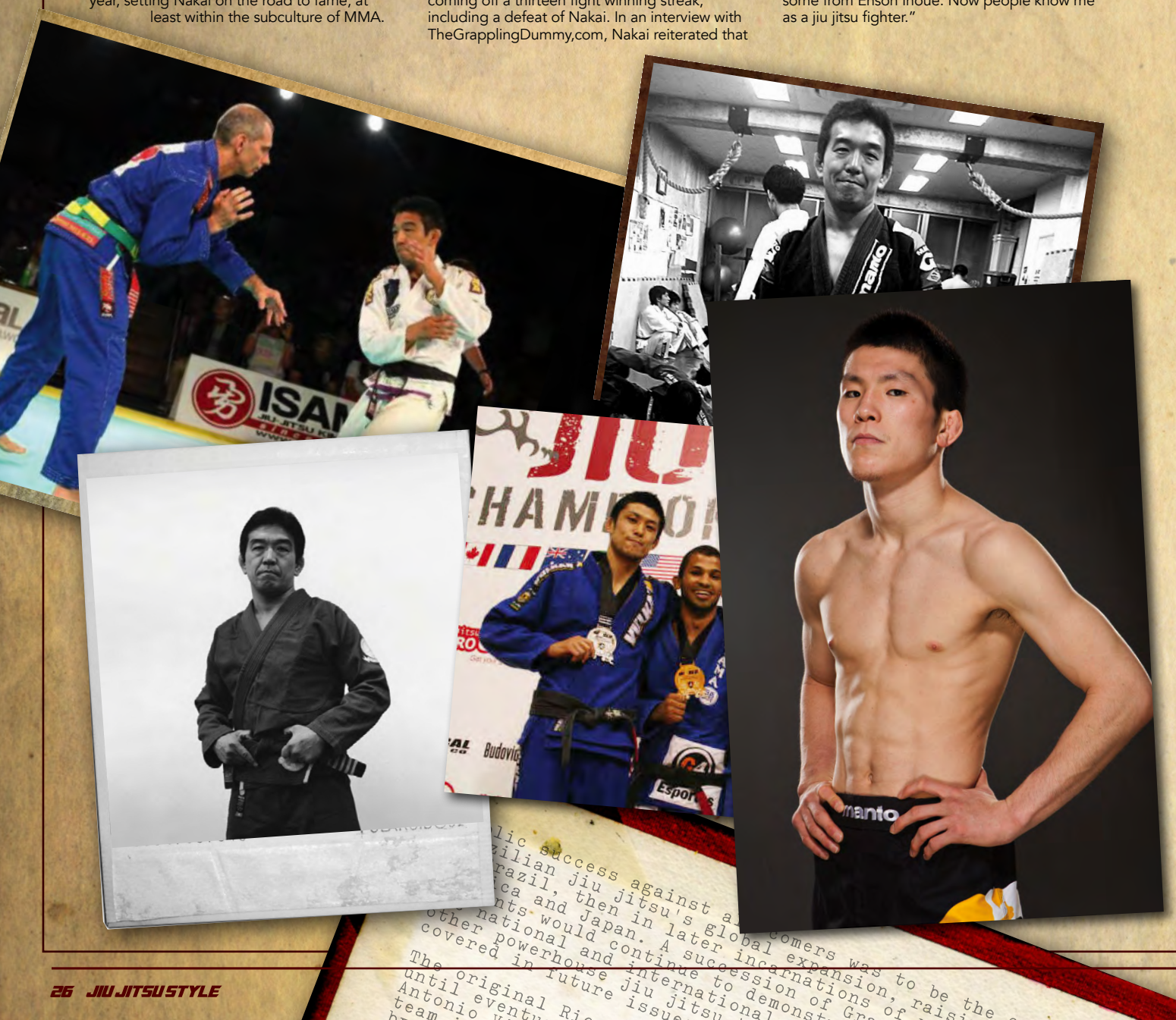
Like Sakuraba, he also spent time learning his trade at a pro-wrestling school. In Nakai's case, the man responsible was Satoru Sayama, the original Tiger Mask. Nakai was a judo champion at school, going on to train at Sayama's Super Tiger Gym. In 1992, Sayama founded Shooto, a proto-MMA organisation that predates the Ultimate Fighting Championship. Nakai and many of his team mates debuted in that same year, setting Nakai on the road to fame, at least within the subculture of MMA.

That fame got a considerable boost thanks to a seminal documentary, *Choke*. The focus of the documentary was Rickson Gracie, gearing up to fight in Vale Tudo Japan '95. Yet Nakai would steal the show. Despite being eye-gouged to the point of permanent vision loss in his opening encounter against UFC 1 veteran Gerard Gordeau, Nakai still emerged victorious. He would later face Rickson in the final, memorably wandering the corridors of the arena shouting a challenge to the Brazilian jiu jitsu legend. The reason this was so memorable is Nakai looked as though he was ready for the hospital rather than the ring, both eyes swollen shut.

It is popularly thought that his loss to Rickson caused Nakai to begin his BJJ training. While it might have been a factor, Nakai himself points to Noboru Asahi's defeat by Royler. Asahi was coming off a thirteen fight winning streak, including a defeat of Nakai. In an interview with TheGrapplingDummy,com, Nakai reiterated that Rickson was not the starting point:

"Actually it didn't happen like that. We fought in April 1995. My first BJJ tournament was the autumn of 1996. A year and a half later. I still wanted to fight in MMA. I was looking for treatment for my eye and working as staff at MMA shows. As for training BJJ, I actually thought 'I'll never do it!' But then in the summer of 96, Asahi lost to Royler Gracie. I started to think, I should try to beat jiu jitsu fighters. I thought I should get tougher and train with them.

"I had trained a couple of times with Jean Jacques Machado. But I didn't think I'd do it for long. I was just showing my face. I wanted to beat jiu jitsu fighters at their own game. I was a judo fighter. It was like a challenge. I didn't feel like I was learning BJJ. But, in fact, I was. I learnt some from Enson Inoue. Now people know me as a jiu jitsu fighter."



Nakai's lack of a regular instructor meant promotion was tricky. He therefore took the tried and tested route of being so good that eventually somebody was forced to promote him. Very unusually in Nakai's case, this was not an individual but an organisation. As he explained to Sherdog.com:

"Every time I fought with a brown belt I would ask the organisers 'Can I fight in this competition with so-and-so belt?' At the Pan-Americans they said that I needed the black belt, but I didn't have a main teacher. I had a lot of different instructors, but not one set teacher. For me, I got it from the Federation."

In 1997, Nakai founded his own team, Paraestra. The name apparently comes from 'palaestra', the term for a wrestling school in Ancient Greece. It has since produced a number of notable grapplers, particularly in MMA. Shinya Aoki is perhaps the best known, who along with a very respectable record of 37-6 can proudly boast one of the most impressive nicknames in the sport: Tōbikan Jūdan (The Grand Master of Flying Submissions).

His sartorial choices have been just as colourful. You could even argue that Aoki's predilection for grappling tights rather than shorts (dating back to at least 2006) eventually created a new market in BJJ. Aoki's rainbow leggings inspired avid Japanese MMA fan Matt Benyon from Scramble to begin selling something similar in 2010, under the name 'spats'. Today, grappling spats are standard nogi equipment, regularly worn at BJJ gyms across the globe.

Aoki also began his grappling with judo, before beginning his BJJ studies under Nakai. He eventually became an assistant instructor at Paraestra, until 2009. In that year Aoki not only broke Mizuta Hirota's arm in an MMA fight, he then added insult to injury by flipping him off. The ensuing angry reaction from the media left Nakai with no choice but to fire Aoki from his position at the gym, though he remained a part of the team. Aoki currently teaches at Evolve MMA in Singapore.

In terms of pure BJJ success at Paraestra, Yukinori Sasa managed to win his brown belt Mundials division in 2005, following that up almost a decade later with a bronze medal as a black belt in 2013. However, in BJJ terms the most successful Paraestra product so far has been Yusuke Honma. He was the first Japanese competitor to reach a Mundials final in the black belt division.

Honma achieved that distinction in 2007, repeating his accomplishment the following year, ending with a silver medal on both occasions. Considering that his opponents were Bruno Malfacine and Caio Terra, the two dominant forces of the roosterweight division, Honma's medals were well-earned. Like so many of his team mates, Honma went on to MMA, amassing the entirety of his 3-2 record over the course of 2010.

Nakai's perspective on martial arts, as told to Jason Williams on Metropolis.co.jp, is one which all BJJ teachers might aspire to, fitting with the Paraestra slogan of 'Martial Arts Communication':

"I would like to make society better through martial arts. In martial arts, you can overcome things and communicate with others using only your body. There is no language barrier. So I think it's a useful tool for making friends from around the world."

TIMELINE

1970
Yuki Nakai born on the 18th August in Hamamasu

1992
Nakai makes his Shooto debut

1995
Nakai competes in Vale Tudo Japan as Shooto's representative

1997
Yuki Nakai founds Paraestra

2005
Yukinori Sasa wins his brown belt division at the Mundials

2007
Yusuke Honma wins silver at the Mundials

SOURCES: WWW.BJJHEROES.COM – WWW.THEGRAPPLINGDUMMY.COM - WWW.SLIDEYFOOT.COM - WWW.PARAGIFU.COM - WWW.SHERDOG.COM - JAPANTODAY.COM - METROPOLIS.CO.JP – JAPAN-MMA.COM – WWW.SCRAMBLESTUFF.COM

ANNA MAYNE

FORMER PARTICLE PHYSICIST AND A UK LEADING LADY

KICKING OFF 2015 IN SPECTACULAR FASHION, DAVID ONUMA BLACK BELT, ANNA MAYNE, RECENTLY TOOK SILVER IN HER BLACK BELT DEBUT AT THE EUROPEANS, LOSING NARROWLY TO ANGELICA GALVAO. FORMERLY A PARTICLE PHYSICIST, THE CFS BJJ MANCHESTER COACH DISCUSSES JIU JITSU AS A SCIENCE, EXPERIMENTATION AND HER ROOTS IN MMA.

Let's talk about you. A PhD in Particle Physics from the University of Sheffield, but how did you end up in Manchester?

I started training when I was in Sheffield. I was doing my undergraduate there as well and then through training, I met Carol Fan who trained in Manchester. I came over to an open mat, which then led me to travelling to Manchester more, which then led me to moving here as I could get better training. I mean, Sheffield was great; when I started I was more into MMA. It was the place to be back then; I was training regularly with Rosi Sexton and people like that. I made the decision to finish my undergraduate degree and live in Manchester, then commute to Sheffield for my PhD.

I trained in loads of places whilst in Sheffield. I started off with a guy called Peps at Sheffield Shootfighters right at the end of 2004. Back then, people knew Rosi Sexton but that was it. You'd hear legends of some other woman who might have trained in the area but that was it really. Peps was really welcoming, I'd turn up and there'd be a bunch of beefy skinheads but they were dead nice to me. The guys now run The Forge and offer BJJ there. There was also a BJJ black belt who trained there for a few months but I'm not sure of his name, it was really good training there but with somebody like Rosi being in Manchester, it was better for me to move here for MMA.

And it's true that you ended up fighting in MMA, didn't you?

I did! I had two pro fights and three amateur.

Undefeated.

[Laughs] Yep.

Swinging back to the physics - is jiu jitsu a science?

Is jiu jitsu a science? I suppose you'd have to say it is, wouldn't you? You certainly experiment with it, you test it, you can't make up nonsense because it just wouldn't work.

What has science taught you that you can apply to jiu jitsu?

I think you certainly have to be dedicated in order to be successful in science. You get little back from it aside from personal growth. I'm not actively in science anymore, but there's definitely the element of experimentation in it. You can't present rubbish, you must try and test what you do in order to get the right result.

The difficulty level of jiu jitsu is comparable too. I mean, I got a PhD before I got my black belt, so make of that what you will.

A black belt in science.

[Laughs] Yeah! That's going on my CV.

The personal growth in yourself as a person, a competitor, as a student, as a martial artist and now as a coach has been developing continuously. How was your success at the Europeans - in your words?

It was good! It went much better than I expected because I think goal setting is an important part of progress. For me, my goal was to not get destroyed at black belt, win a match on points, get a submission, win a medal and then win the championships. I was hoping for just one of those but to get a few of those was really nice.

I feel I was lucky with the draw, I got to fight some names as well.

"I THINK THE WOMEN'S COMMUNITY HAS GOT A GREAT ATTITUDE AT THE MINUTE. WE CAN'T HAVE ONE GYM VERSUS ANOTHER BECAUSE THERE AREN'T ENOUGH OF US AND WE'RE NOT GOOD ENOUGH YET"

Gabi Garcia and Angelica Galvao to name a few. Boarding that plane to Lisbon, did you ever find yourself thinking, "Man I could be fighting this person, or that person?"

I don't think I thought of it that way, but I did think when I entered the absolute that 'Dear God! I could be fighting Gabi!' That terrified me completely! So when I found out after the first round that I was due to fight her, it was a nice problem to have because it meant I'd won a match at black belt.

It was a case of, 'Well, we'll cross that bridge when we come to it' … and then it happened. It was fine, I just did it. I didn't get injured but I was worried she might hurt me because she's that much bigger and stronger but she's really good as well, but it was fine.

So you walked away with the silver in your division! How does it feel now to be a front runner of women's BJJ in the UK? How does it feel to see the progress from when you were that white belt under the blue belt?

I kind of wish I was born maybe five years later? The people who started earlier blazed a trail for people like me, so it's kind of your responsibility to always improve the sport. We're still in the early stages so it's a privilege to see it grow, but at the same time there are more opportunities now than when I started. Saying that, I was quite lucky with the girls I got to train with regularly and they were the ones who sorted that out. You do see that in jiu jitsu, the girls are always willing to travel in order to help each other.

It's nice that it has progressed, it can still go a long way though. I think the women's community has got a great attitude at the minute. We can't have one gym versus another because there aren't enough of us and we're not good enough yet. I think that's a healthy attitude anyway, you should always have your gym, your team, but nobody ever disagrees if you go to another gym on holiday. I think it's sensible to team up with a local gym so you can train with each other and build up the sport in this country.

Is it the case that the politics within the sport are kind of being thrown out the window now there's a second generation starting to come through in the UK? Is it much more about this strange bug we call jiu jitsu that we all caught above anything else?

I think the word 'loyalty' is thrown around quite a bit, but it's a two way thing. David Onuma always teaches us: "Yes, be loyal, but it's a two way thing. You give, you take, you're loyal to the gym and they're loyal to you." They'll make sure you can get the best training you can get as long as you give your most, but you also need to get the best training you can.

Take someone like Fran, a student of mine, she's 47kgs. I can't tell her off for training where she wants, she's the smallest here. You have to look after your guys. If you know they're not getting the right kind of training then you have to encourage them to do so.

Is finding the best form of personal training something you encourage then?

Yeah, absolutely. Your attitude to everything is important. We have a competition class, but not everybody in that class competes. It's important to have support for the guys that do because the competitors keep the standard of the gym very high. People may not want to compete, but they want to be their best. So building the standard of the team and the vibe of the gym is important for everyone.

So you keep your coaching adaptable, like you would your own game?

If you tell some students to do something, they'll do it. There are those who need clear, precise instructions and can only learn that way and then with someone else you just need to give them the idea.

Well, in science, paradigm shifts occur when the way of thinking is altered due to one reason or another. The same happens in jiu jitsu with certain techniques becoming hot topics.

Do you encourage your students to find their paradigm and change their way of thinking?

It would be a foolish mistake to categorise yourself as a certain type of jiu jitsu player, especially in your early stages of training. I guess, again, with the sport being so young, new techniques will continue to emerge and take off, but you can't just pick a few moves and stick with them.

There are still some people who prefer a basic, simple game, which is fine…. but I'd get bored doing the same things day in, day out. That's

what I like about jiu jitsu, it's not boring in the sense there's more than just a few things to learn. There's so much to learn and it's still evolving. I'm not even sure people in the sport now could choose to be that narrow minded when there's so many techniques.

Even when you only want to play a certain way and not another, you still need to know how to defend it. Another thing I've noticed is that injuries will put you out of your A-game. Injuries suck but in a way they can be the best thing as they can change up your game. A guard player may have to become a guard passer, those with an injured neck will have to adapt to keep themselves away from chokes and things like that. There just doesn't seem to be the luxury of being narrow minded.

So what's the key to expanding and evolving your own game?

You see stuff from competitors online that's super cool or super impressive, but I don't really follow online techniques or instructionals. I've found what's really the best way to improve is to have things happen to you in competition. It makes you go home and work on it. I think that's why competing is so important to me because if you're not disciplined to go away and find your holes yourself then you're going to be shown them by someone else.

Anna would like to thank Scramble for all their help and support.

"THE GUYS AT TRAINING SPAR WITH US LIKE WE ARE THE GUYS AT TRAINING; THEY DON'T TAKE IT EASY ON US JUST BECAUSE WE'RE GIRLS"

NORSE POWER!

NORWAY'S SHINING BROWN BELT FIGHTER, EIRIN NYGREN.

STARTING 2015 WITH A MEDAL RAID AT THE EUROPEANS, NORWEGIAN BROWN BELT EIRIN CATHRINE NYGREN DISCUSSES HER APPROACH TO TRAINING AND SHARES ADVICE WITH FEMALE COMPETITORS FROM THE NEW WAVE OF VIKING WARRIORS TAKING THE COMPETITION MATS BY STORM.

So Eirin! Can you introduce yourself to those who may be unfamiliar with your name?

My name is Eirin, from Oslo in Norway and I am training under Eduardo Rios, also known as Teta and I've been training for around seven and a half years now. I've trained with Teta from the beginning and have all my belts from him. It was my boyfriend who got me into jiu jitsu, he figured it was a good idea that I started so I wouldn't complain about him going to training! I don't know really, but it worked. I've been enjoying it a lot from the beginning and also competed a lot from the first moment and I have been doing all right, I think. Well I think it's good!

Many would say more than "all right", Eirin!

Yeah! It's been going pretty well from around blue belt kind of time.

You won the Worlds at blue belt, did you not?

I did, I won the Worlds and the Europeans at blue belt. At purple I won the Pan Ams and placed at the Worlds with a bronze medal. I've been to Abu Dhabi a couple of times and at brown belt, recently, I won the Europeans with a double gold there. That's the main achievement for me, perhaps.

You are a very active competitor, not just locally but on the world stage. With that in mind, what would an average training week be, say, three weeks from a competition? How do you prepare, because whatever you're doing it seems to work.

I don't change my training that much before a competition. I like to think of BJJ training being more like a marathon than a sprint, so I aim to keep my training pretty steady throughout the whole year and I train as much as I can. It stops me getting this intense period right before a competition, I don't like that. It can make you tired so I usually train almost every day, but I try to take a day off at least once a week, usually the weekend.

But overall, I train nearly every day. If I don't have time to drill in the morning then I go to the gym early before my classes to drill with my boyfriend or training partners. On top of that I try to do strength training twice a week and I do this consistently throughout the whole year until maybe one week before competing, when I'll do no strength training but instead focus on light rolling to save my energy.

Well as aforementioned, it seems to be working because you're now the reigning lightweight and open weight, adult, brown belt European champion. So that was some way to kick off 2015, wasn't it?

[Laughs!] Yes it was! It was a dream come true actually, absolutely.

You're one of many successful Scandinavian athletes now competing, being part of a new wave of medal winners from the area. You don't need to be told that, being a large part of it yourself, but why do you think we're getting this influx of grappling talent?

It's a good question, but we have a good training culture. We like to push each other hard in training every day and we never go light.

I can speak for the girls at least; I think we have a big difference in how we train compared to many places across Europe and a little bit in Brazil. The guys at training spar with us like we are the guys at training; they don't take it easy on us just because we're girls. So yeah, I think we're really good at pushing each other.

We also have to travel a lot to compete, there aren't that many competitions in Scandinavia and I think those that do compete really want it. They sacrifice a lot to get there and then you're putting everything on the line, so mentally, they want to be there.

Imagine you're giving advice to perhaps, say, a young female blue belt who's hungry to improve. What advice would you give them regarding their training routine?

I think they should at least try to compete. Competing can be really great and you'll have a lot of fun, you'll meet new friends when you're out competing. I absolutely understand that competing isn't for everybody, but I think you should try it and see how you feel, then at least you have tried.

You will see that if you lose, you will learn. When I lose I just want to go back, train more and fix my mistakes, because that's what it's all about – learning. I would say that.

As such a successful athlete, what do you think an academy must do to ensure their female students reach their potential and show that they can be as good as anyone in the gym? Just because you're a lighter weight or in a minority doesn't mean you have to let it make a difference, right?

No, you shouldn't let it make a difference and I don't let it make a difference. I think it's a good thing, at Frontline we have a girls training session once a week because a lot of the girls are spread out amongst different levels and classes. I teach the girls class, we have the chance to get together and talk about problems you can experience on the mats as a girl, like being crushed, or which techniques are good in certain positions.

You get the chance to train with girls at least once a week and I think that's really important to keep the girls who are maybe a little insecure or aren't comfortable to train at this stage of their jiu jitsu. They're offered a little group of girls that can meet and have fun together.

What about striking a balance on the other hand. Do you encourage your female students to spar with whomever, for the sake of their jiu jitsu?

Yes, a little bit. I recommend that they spar with anybody and I try to do that myself. You learn who you can spar with and who you cannot, but you should try to spar with everybody. I almost never say no to anybody in sparring, unless they are like really wild and really heavy.

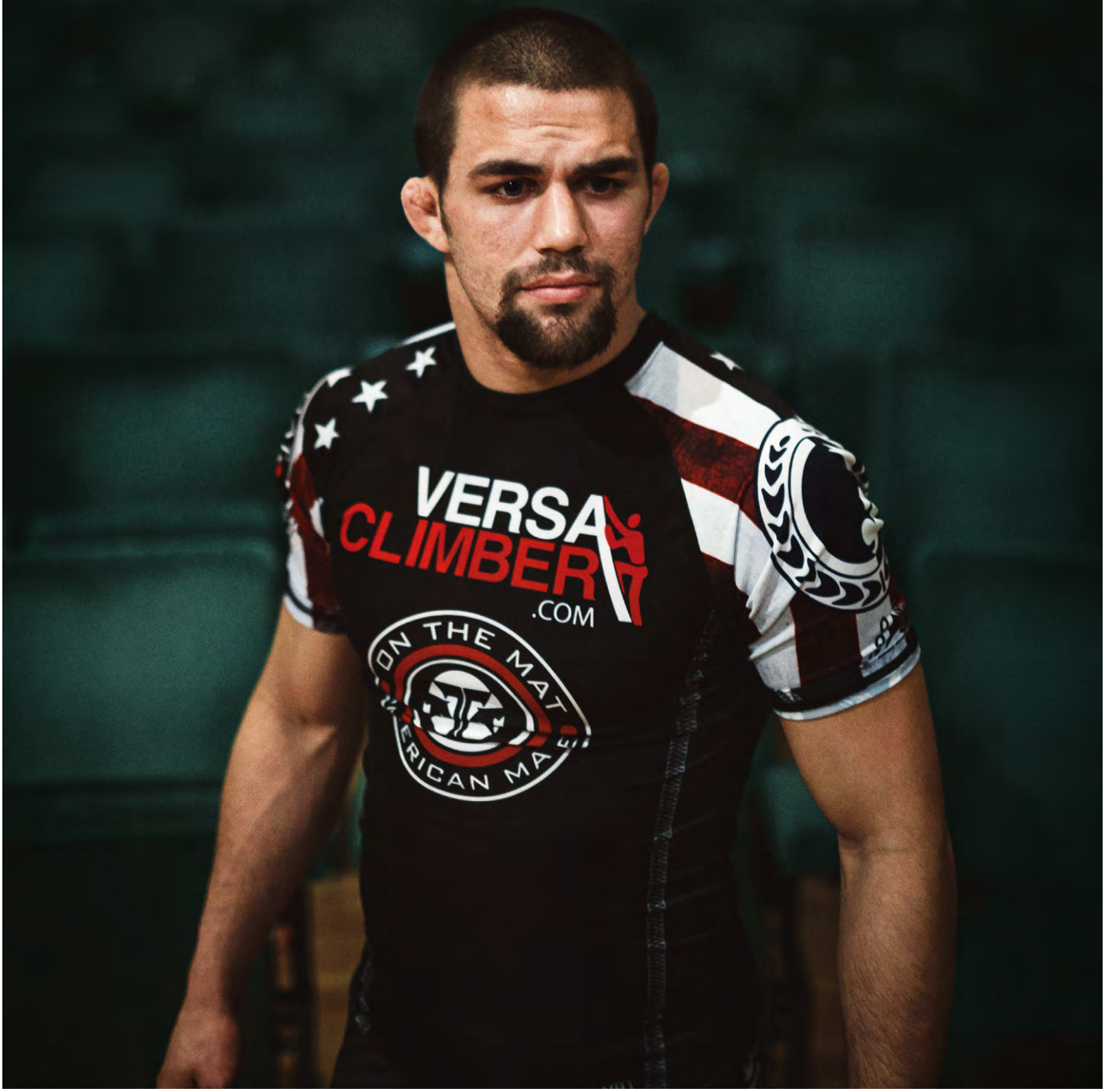
I think you should try to spar with everybody because it is good for you mentally, as well as helping find your style of BJJ if you're still looking. Spar with men, women, kids! … [Laughs].

As a successful female role model within jiu jitsu, would you encourage any female competitors to come and visit Oslo, Norway and train with you and your female class at Frontline?

Absolutely! We love to get visitors here at Frontline and I think it's really nice when people come to visit, especially girls if they want to come! We have quite a few visitors who come from around the world and I think it's because we have a good training environment. Teta always welcomes everybody with open arms so absolutely, come and visit.

LION KILLER

"Holy s**t; I'm beating Kron Gracie!" was the thought coursing through Garry Tonon's mind during the final minutes of their epic ADCC 2013 match in China. Many of those who were watching this young and relatively unknown competitor being up on points against Gracie may have been thinking the same thing as Garry.



WORDS: FELIX RODRIGUEZ PICTURES: ANDY DOUGLAS

Though the match ultimately wouldn't go his way, even in defeat, Tonon had managed to make an indelible impression on the grappling community. If his name didn't, at least, ring a bell before their match, followers of high-level grappling competitions would surely know it now. Garry 'The Lion Killer' Tonon had pushed the eventual champion to his limits. He was someone fans were going to want to watch compete and he was someone that elite grapplers were going to have to watch out for.

Jiu Jitsu Style caught up with the Lion Killer to discuss how his experiences have led him to elevate his game to new heights and the direction in which he sees grappling evolving towards. This is his story.

THE BENEFIT OF QUALITY INSTRUCTION

Garry Tonon is an American grappler, who began training in Brazilian jiu jitsu in his home state of New Jersey when he was "fourteen or fifteen," under Tom DeBlass. Tonon showed potential early on and earned the Lion Killer moniker as a purple belt, due to his habit of taking the back and finishing opponents by rear-naked-choke (RNC). The RNC is also known in Portuguese as *Mata Leao*; a term that literally translates in English to 'Lion Killer.'

Tonon began making waves in the competition scene as a brown belt by winning gold twice at No-Gi Pan Am and gold at No-Gi Worlds. He was promoted to black belt by DeBlass, a highly decorated student of Ricardo Almeida and member of the Renzo Gracie Association, on September 14 2013, two days after his 23rd birthday.

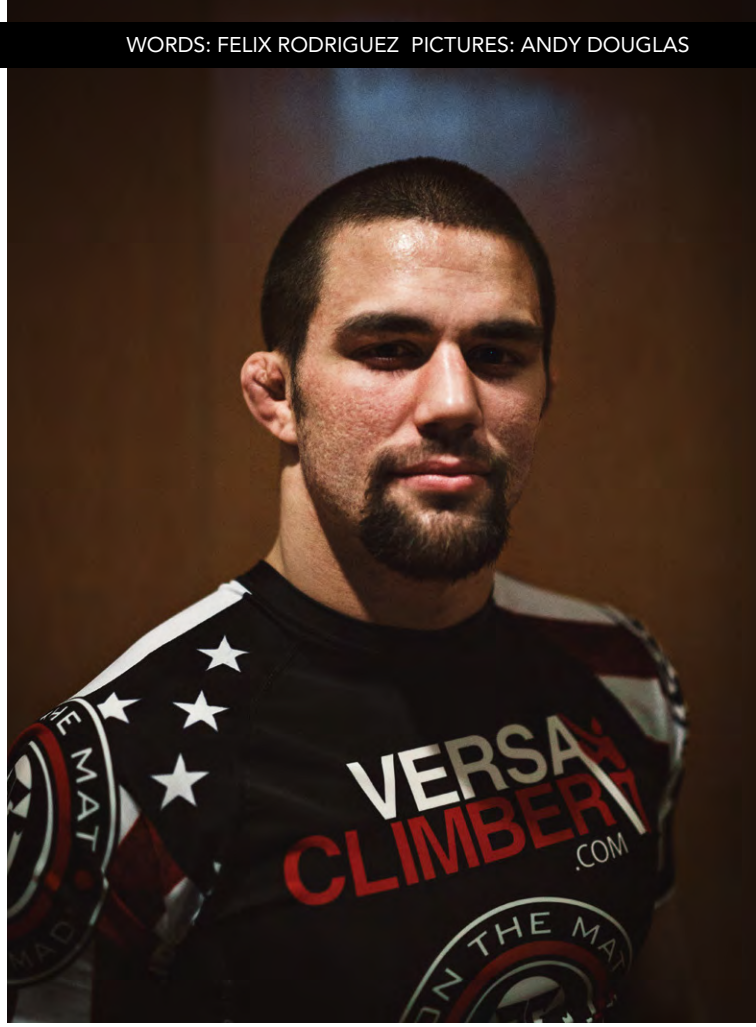
Tonon's jiu jitsu lineage can be considered as traditional and 'straight from the source' as they come, since his main instructor is a black belt under one of Renzo Gracie's prized pupils, and all three men had a deep influence on Garry's development. Tonon may have come from a traditional lineage, but he was encouraged to explore different techniques and evolve his unique style by playing to his own strengths.

His instructors were aware of 'modern jiu jitsu' techniques, and chose to study them in order to prepare against them, without necessarily incorporating them into their own arsenal. When describing his instructors' views on modern jiu jitsu he explained, "I think as jiu jitsu evolved everyone in the sport evolved to a certain extent. Any good teacher is going to study and learn and try to incorporate the new techniques. Even if [DeBlass, Almeida and Gracie] don't necessarily prefer certain [modern jiu jitsu techniques] I one hundred percent believe they all know how to use them."

According to Garry, his instructors are not only open to less traditional techniques, they're also eager to learn them from students as well. "I remember being a blue belt and coming to MMA practise at Ricardo's when Renzo showed up, and I did a weird version of a single leg takedown. Renzo was like, 'Aww man, let me see that!' Those guys are very open to learning. They see something new; they're going to learn it. Maybe they might feel like some techniques are inferior, but you gotta understand, these guys have been building techniques for decades or more. You know, some of the things that they're so strong with are still going to outdo these modern techniques because they've been strengthened over the years."

Tonon took advantage of the high quality level of tutelage available to him and flourished in his open-minded training environment by merging the traditional and the modern. He has an extremely effective knowledge base

"I REMEMBER BEING A BLUE BELT AND COMING TO MMA PRACTISE AT RICARDO'S WHEN RENZO SHOWED UP, AND I DID A WEIRD VERSION OF A SINGLE LEG TAKEDOWN. RENZO WAS LIKE, 'AWW MAN, LET ME SEE THAT!' THOSE GUYS ARE VERY OPEN TO LEARNING"



of jiu jitsu fundamentals and has thrived by adapting to the newest trends in jiu jitsu and submission wrestling. When describing his own style, Tonon noted, "I have a more modern approach. I take the best qualities out of all of my instructors, all the best things that they do, and I try to package those techniques the best way I know how. I think my game has evolved because of that."

HAND RAISED OR ON HIS SHIELD

There is a difference between talented and entertaining fighters. Talented fighters can be appreciated for their sound technique without necessarily being known for wowing crowds. Entertaining fighters might not have flawless technique, but their bravado and crowd-pleasing mentality make these fan-favourites fun to watch. When an athlete is both talented and entertaining, watching them compete becomes a joy.

Garry Tonon is both talented and entertaining. Technical ability aside, his fierce kill or be killed mentality is reminiscent of the resolve shown by the 300 ancient Spartan warriors who stood against Xerxes' forces in the Battle of Thermopylae. When Tonon steps on the mats to compete he is getting his hand raised or he will go out on his shield trying. His relentless pace, creativity and fearless attitude have helped Tonon become one of the most entertaining competitors to watch in high-level grappling events over the last few years.

Tonon's crowd-pleasing approach to competition is a result of his jiu jitsu philosophy and training habits. "I consider myself relatively unorthodox. I spent a lot of time, when I was coming up, continually working on recovering from bad positions. To this day, when I'm training, I don't really take training like a competition. Training for me is getting put in bad positions and I'm just trying to get out of them with my partners, always putting myself in tough spots. I think it makes my game a little bit more unique because when training in a competition scenario I get very comfortable being put in bad positions and getting out of them. Whereas a lot of people [who don't do this] get to a bad spot and they ultimately feel defeated. I feel like that doesn't happen to me very often, because I'm so used to working out of bad positions", said Tonon.

This mentality was perfectly exemplified in his match against Kron, when after giving up his back and then being mounted, he was nearly submitted with a deep arm bar. A submission attempt that would have broken the resolve of many didn't faze Tonon, who calmly spun away from Kron's leverage twice, before being able to get out of the bad position and gain control of the fight.

According to Tonon, being constantly put in threatening scenarios forces him to adapt quickly to multiple situations. This exposure has helped him

to become creative and quick to react when facing defeat in competition. He noted, "I like to be more creative because any time you open yourself up you don't restrict yourself with your ego, and you're able to come up with things on your own. If I had an ego or I had to worry about submitting my partner the whole time I probably would just only work on techniques that I'm good at. I know sometimes I get caught, sometimes I don't, and it helps me when I go to actually compete because I feel like I can bring a little bit more to the table."

EVOLVING JIU JITSU BY MAKING GRAPPLING A SPECTATOR SPORT

Tonon believes that rule sets have an impact on both style and excitement when it comes to grappling. Athletes competing in points based matches work within a time limit, and can afford to take fewer risks after leading because time limits work to their advantage.

According to Tonon, "People who compete in submission only rule sets are aggressive and are submission hungry. When I was coming up I was always preparing myself for IBJJF competitions. We always worked on the points based game and things like that. Because of the way that I trained I was concerned with points but my professors stressed to me that I should never allow [points] to be the deciding factor for me to win."

Tonon believes that the lack of adequate financial compensation is also a drawback for him when considering competing in points based tournaments, because his time is valuable, and aside from competing he also has a school to tend to. Tonon noted, "It's just harder when you have a business to be out there for four days when you're not really getting paid for it. There has to be some sort of incentive. Back when I was younger it really didn't make much difference and I just paid for the trip and I really didn't have any responsibilities. Now I have a school to run, and people to teach to make sure this place is successful."

The submission only format preferred by Tonon has forced him to become highly conditioned in order to keep his relentless pace during prolonged periods of time. As a professional grappler, Tonon also prefers these types of formats because the events that hold them are offering increasing amounts of money for athletes like him to compete. He believes that combining the finish first approach of submission only rules with the incentive of purses offered by organisations like ADCC, Metamoris and Polaris will help to make grappling more viewer-friendly.

"The IBJJF's [points based tournament] will always be there; it's never going to go anywhere. IBJJF is a very successful organisation within the jiu jitsu community, but I'd say the average person that watches jiu jitsu wouldn't find many of the matches that take place there as exciting as what you can expect to see with more and more of the submission only tournaments. You get to see more of a submission grappler emerge for two reasons. One is that you want to end the fight and there's a clear end point to the match. Two, what's exciting about jiu jitsu is the submission.

"When you talk about these professional events that are attempting to attract spectators, not just people that do jiu jitsu themselves, we're going to see that these guys become well known and they're going to have a fan base. These are going to be the guys that you're gonna want to see with the exciting fights. People want to see this style so that's where I believe things will be moving forward kind of towards the next evolution of jiu jitsu," said Tonon.

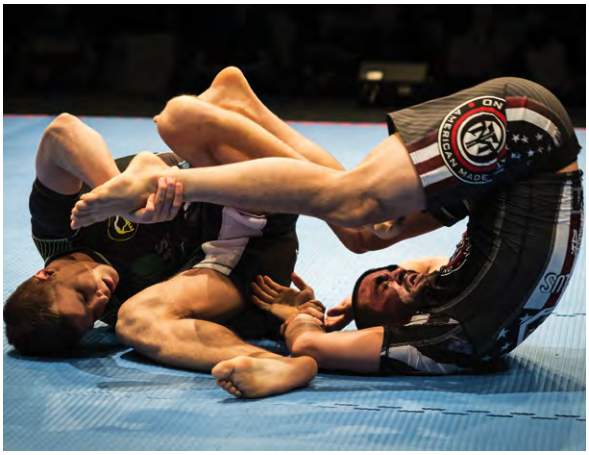
Tonon has focused on submission only tournaments because the rules play to his strengths and the opportunity for financial reward is far greater than purses offered by points based organisations. He does not rule out competing in these types of events because he thinks that tournaments like the Mundials and Pans provide opportunities to measure himself against different competition styles, and because winning these types of prestigious tournaments also provides great marketing exposure for him as an athlete and for his jiu jitsu academy. That being said, he sees his future leaning more towards a focus on super fights against high profile athletes.

Tonon believes the surge of submission only events can only help grow and evolve the sport of grappling. When discussing his matches in Metamoris and Polaris he noted, "I was definitely very excited to have both of those experiences. I think [these types of promotions] are going to stick around, and I think they're definitely going to try to build up their organisations. Whether or not I'm a part of either one of those organisations in the future is up to them and we'll see how things go moving forward, but I'm even more excited that there are so many more players coming into the submission-grappling world, because I think there is where the next big thing will be, in terms of making our sport more of a spectator sport, instead of just a sport that guys who do jiu jitsu want to watch."

LEARNING FROM DEFEAT

Competing against elite athletes has enabled Tonon to elevate his game. He's beaten some of the best grapplers in the world, and lost to some as well. Even though he tries not to dwell on defeat for too long, some losses, like his matches against JT Torres and Kron Gracie, have stung more than others, and served as learning lessons to strengthen his resolve to succeed.

Losing against JT Torres was a turning point of sorts for Tonon because he decided to become the best competitor he could be afterwards. The loss became a constant reminder for him to stay motivated. "I even had the photo of him getting his hand

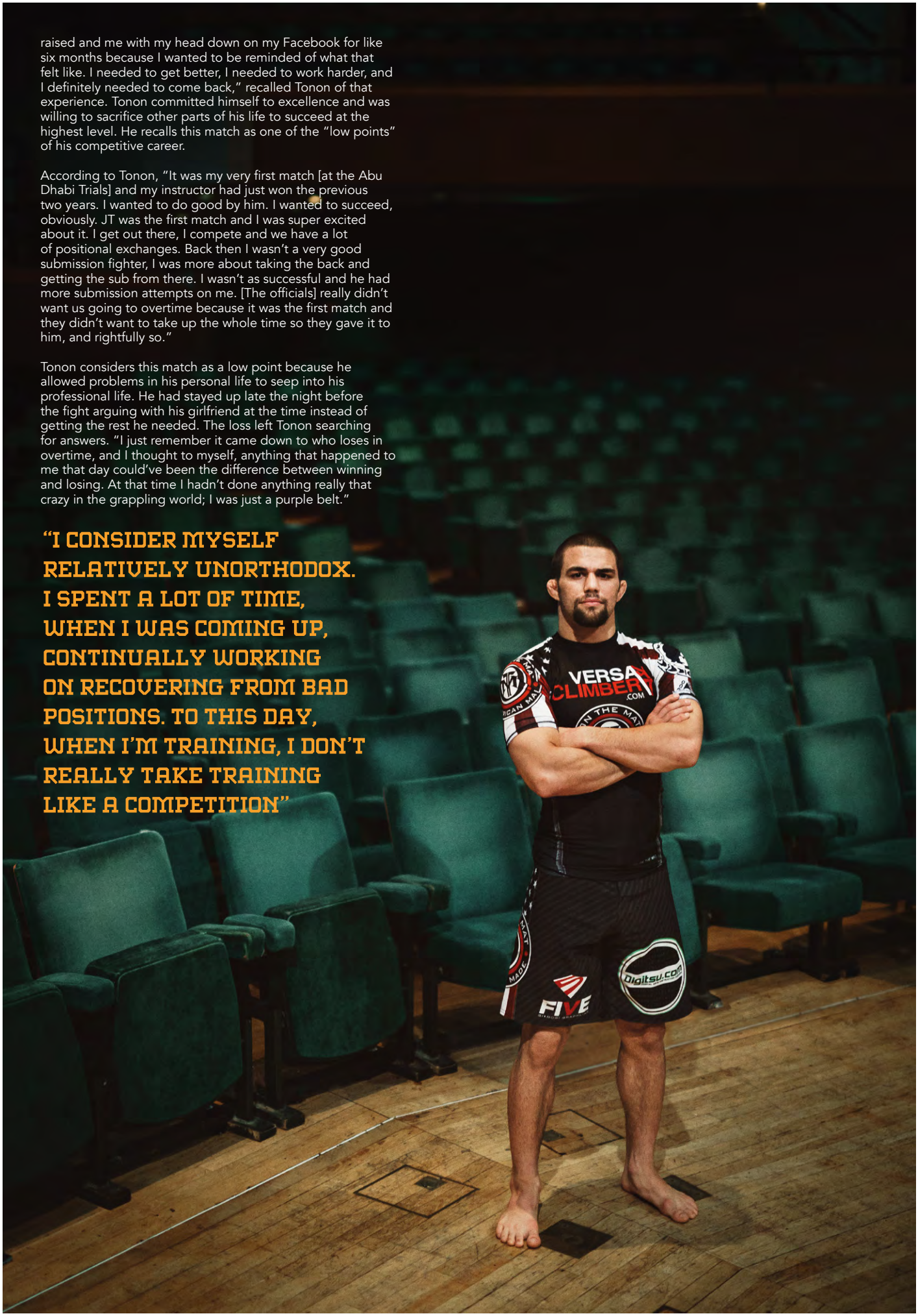


raised and me with my head down on my Facebook for like six months because I wanted to be reminded of what that felt like. I needed to get better, I needed to work harder, and I definitely needed to come back," recalled Tonon of that experience. Tonon committed himself to excellence and was willing to sacrifice other parts of his life to succeed at the highest level. He recalls this match as one of the "low points" of his competitive career.

According to Tonon, "It was my very first match [at the Abu Dhabi Trials] and my instructor had just won the previous two years. I wanted to do good by him. I wanted to succeed, obviously. JT was the first match and I was super excited about it. I get out there, I compete and we have a lot of positional exchanges. Back then I wasn't a very good submission fighter, I was more about taking the back and getting the sub from there. I wasn't as successful and he had more submission attempts on me. [The officials] really didn't want us going to overtime because it was the first match and they didn't want to take up the whole time so they gave it to him, and rightfully so."

Tonon considers this match as a low point because he allowed problems in his personal life to seep into his professional life. He had stayed up late the night before the fight arguing with his girlfriend at the time instead of getting the rest he needed. The loss left Tonon searching for answers. "I just remember it came down to who loses in overtime, and I thought to myself, anything that happened to me that day could've been the difference between winning and losing. At that time I hadn't done anything really that crazy in the grappling world; I was just a purple belt."

"I CONSIDER MYSELF RELATIVELY UNORTHODOX. I SPENT A LOT OF TIME, WHEN I WAS COMING UP, CONTINUALLY WORKING ON RECOVERING FROM BAD POSITIONS. TO THIS DAY, WHEN I'M TRAINING, I DON'T REALLY TAKE TRAINING LIKE A COMPETITION"



The loss led to Tonon having an epiphany. "Stuff like this in my personal life could easily be holding me back from being great one day, and I thought to myself 'you know what? I can't let that happen.' I broke it off with that girl because I realised that there was a potential problem in my personal life that could be impacting my professional life. I felt like I made a really solid and mature decision to end it right then and there. And I think that's really a difficult thing to do too, to make sacrifices like that for something that you really care to get good at. In the long term it didn't just benefit me in terms of jiu jitsu; I think making decisions like that throughout my life, I realise that these things needed to happen sometimes, so you're on track with your goals."

The fight against Kron was a spectacular back and forth affair that had three stanzas. It began with Kron's early onslaught; Tonon recovered from a tight arm-lock and was on his way to victory until Kron came from behind, following a reset to the centre of the mat, and won by rear-naked-choke in the final seconds of their match. Being up on points made conceding the submission that much harder to accept afterwards for Tonon. He noted, "I have a pretty good sensitivity as to when I'm going to pass out. I tapped with three seconds left on the clock and I went to Abu Dhabi to finish. Some people looking at it from

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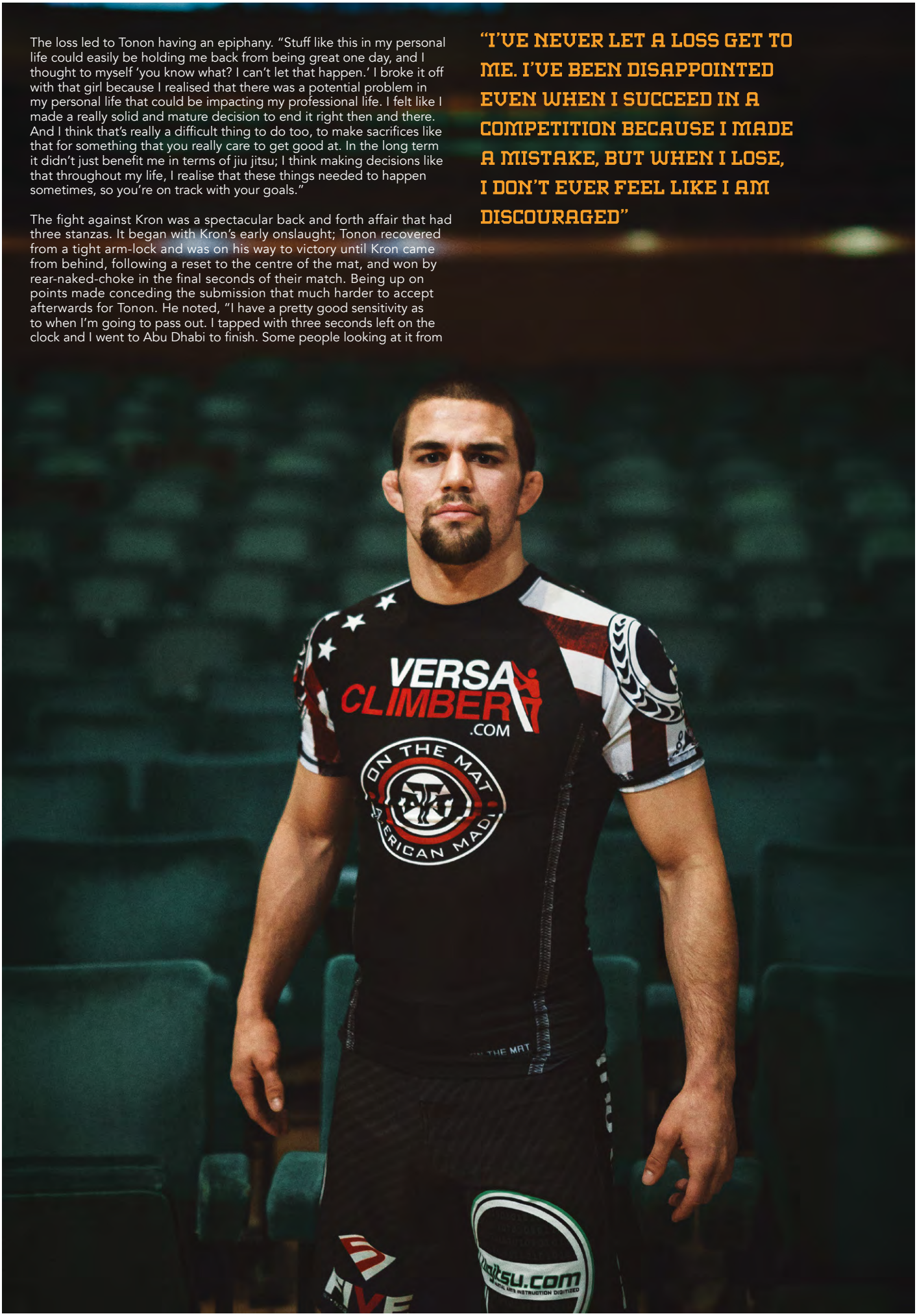


the outside might be thinking, 'oh that's unrealistic at your first Abu Dhabi; you wouldn't have won the absolute, they're much bigger than you,' but there has to be a goal. If your goal is not to be the absolute best at it then it doesn't make sense to compete because you're not gonna win. If you don't expect it then you're not gonna win."

According to Tonon the loss was mentally taxing, but not the end of the world. "It was a little crushing for a while, I remember not sleeping for two days and feeling sick to my stomach, but I definitely was going to continue to compete. I got back from the trip to China, I went back and trained, and got ready for whoever was next. That loss was brutal. I had my chance, but the guy went on and won the rest of the tournament. I blame myself. I don't blame anybody else, I blame the mistakes I made," said Tonon.

The loss was a tough one to accept, but also helped Tonon improve as a fighter. Losing against Kron taught him a valuable lesson on the importance of staying focused on the task at hand and not allowing anything to distract him from the end-goal of submitting his opponent. Tonon noted, "I wasn't in the moment, I wasn't focused on finishing him. Well what the f**k?? I shouldn't have acted like that, thinking to myself 'holy c**p, I'm beating Kron Gracie.' I wasn't in the zone, I wasn't in the moment, and that was the first of many mistakes I made [to lose] that match," said Tonon.

THE IMPORTANCE OF MENTAL FORTITUDE

Garry Tonon's forward pressing style is aggressive, and is very high risk-high reward. His matches are incredibly fast-paced and exhilarating to watch because of the risks he is willing to take in order to finish his opponent. Sometimes these risks can backfire and result in some hard to swallow defeats, like the ones against Gracie and Torres, which would crush the self-esteem of a mentally weaker athlete. Tonon credits Tom DeBlass for helping him to maintain a high level of confidence while not dwelling too long on losses. He explained, "I've definitely lost plenty of matches. I will say this; Tom has made me very mentally strong over the years in terms of just advice and motivational things he's told me. One thing Tom would say is 'don't talk about it - be about it.' Obviously, it means don't talk, actually accomplish things. Do things and you won't need to talk, but if you think about it in a more deep sense it means embody what you do, be something and don't just talk about your goals."

Tonon embraced DeBlass' views on his way to becoming a world champion No-Gi competitor as a brown belt, and still follows his instructor's philosophy as he competes against elite-level black belts. Tonon is the first to admit that he's had some bumps along the way, because he understands that losing is part of the process, and over thinking a loss is a waste of time and energy.

"I've never let a loss get to me. I've been disappointed even when I succeed in a competition because I made a mistake, but when I lose, I don't ever feel like I am discouraged [from competing]. I truly don't believe there's any point in my training where I've had a loss or had a training session, and I said to myself, 'maybe this isn't for me.' I don't think I ever put myself in that state of mind, and maybe there were reasons for me to believe that, but I would never allow myself to get to a point like that. I just moved on to the next competition and then the next competition, and just stayed focused."

Gameness is something that cannot be taught. A person is simply born with it or isn't. Gameness is an intangible that cannot be measured, but can often be the difference maker between two athletes facing each other in a grappling match. Garry Tonon's grappling style is gameness personified. The combination of his aggressive nature, work ethic, mental fortitude, and access to quality instructors and training partners has allowed him to sharpen his skills as a martial artist. He has become a threat to anyone he faces, and the No-Gi specialist has been tearing through the competition scene as of late.

BEWARE OF THE LION KILLER

Tonon's success is a team effort. He receives constant input from DeBlass and splits his time training at Renzo Gracie's New York Academy and at his own school, Brunswick BJJ. He noted, "Usually on average I spend about three days a week in New York training in the mornings. John [Danaher] puts together my training camps and I consult my head coaches. My original coach, Tom DeBlass, I'm always keeping him up to speed on what I'm doing and he's always giving me suggestions and help. Ricardo as well, every time I pop over there and see him. And even my students, we have a very great network of support. And I really appreciate the team that we have in this area, I truly feel blessed to have that kind of environment."

Overcoming heartbreaking losses and staying focused has led to tremendous success for Tonon as a black belt competitor, and his fan-friendly style has made him an in-demand athlete for invitation-only submission events like Metamoris and Polaris. Tonon has become a big game hunter, and true to his Lion Killer nickname, has gone on an impressive streak of submission wins against high-level grapplers.

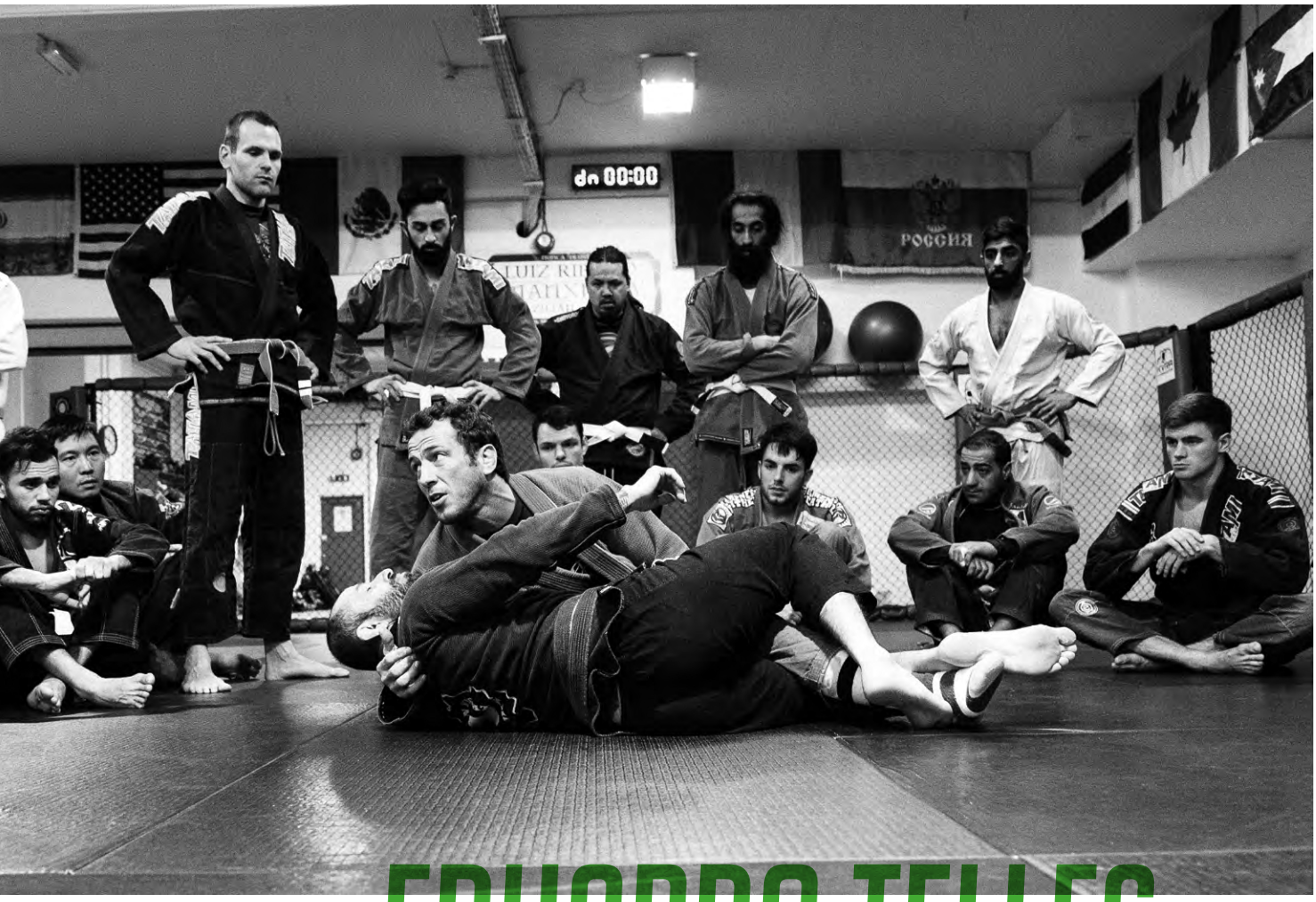
Tonon defeated Zak Maxwell at Metamoris 5 in impressive fashion. After deftly escaping from Maxwell's mount he began to work from the 50/50 position. From there, Tonon turned his back to Maxwell, swept from deep half guard, and then transitioned from a guard pass attempt to an inside heel-hook for the finish.

At Polaris' first event he upped the ante, by making Marcin Held, a leg-lock expert, tap with a leg lock. Tonon considers this victory as one of his crown achievements. "When I beat Marcin at Polaris I felt as though I was able to beat someone at their own game. I didn't go in there just to try to win, I went with the intention of beating this guy, that's well known for leg-locking people. To be at a point in my jiu jitsu career where I'm even able to fathom something like that, not just trying to do everything possible that I could do to win, and instead just trying to make a statement by winning in a specific way. I really started to feel like; okay I'm gaining some momentum here. I'm definitely feeling like I am a major competitor in the world.

"I can take anybody on. I think that was a really big high point for me beating Marcin via leg lock, because it was stuff we'd been working on in the gym for a really long time. Having my entire team with me helping me practise also made me stronger, and we went out there, and we succeeded. We made it happen. That was a big high point for me. It was really, really good and I'm excited to do more stuff in the future," said Tonon.

He followed up these two wins with another submission victory against a well-regarded grappler. At the time of his interview with JJS, Tonon was preparing for a super fight against Javier Vasquez at Gracie Nationals 2015, a match that he would eventually win via triangle choke.

Tonon has his sights set on the Abu Dhabi title that eluded him in 2013. He will also continue to face other elite grapplers in super fights whenever those opportunities present themselves. He also aspires to eventually make a transition from grappling into MMA. It seems as if the young black belt has put all the pieces together for a remarkable career as an elite jiu jitsu and submission-wrestling competitor, and will certainly be a name to watch out for in Mixed Martial Arts when he's ready to make that jump. When it comes to Garry Tonon's potential, the sky is the limit, and the scary thing for his opponents is that he has yet to reach his physical prime.



EDUARDO TELLES

THE TURTLE MAN

FIGHTING OUT OF CALIFORNIA, USA, BY WAY OF SAO PAULO, BRAZIL... WE BRING YOU THE TURTLE GUARD MASTER, NINENINE BJJ CREATOR, NOGI WORLD CHAMPION AND MMA FIGHTER – EDUARDO TELLES!

Fresh off the back of his Polaris Pro Superfight against Mike Fowler, and double gold medal haul at the Euros, Telles' stock is at a premium. But don't be fooled; he's been a pivotal part of BJJ for many, many years.

Brasa, TT, Checkmat, NineNine, Atos: what do all these teams have in common? They were all conceived via a special group of guys who trained together in Alliance, Sao Paulo - and Eduardo Telles was right in the middle of that group.

Now a seasoned black belt and, dare we say it, representative of an early generation of jiu jitsu athletes, Telles was a pivotal figure amongst the talented fighters stabled under Fabio Gurgel's Alliance in the late 90s. He was joined daily on the mats by the likes of Leo Vieira, Demian Maia, Comprido and Terere to name just a few. Telles has since gone on to form his own team, NineNine, as well as developing a - shall we say - extremely unorthodox guard. Did someone say turtle guard?

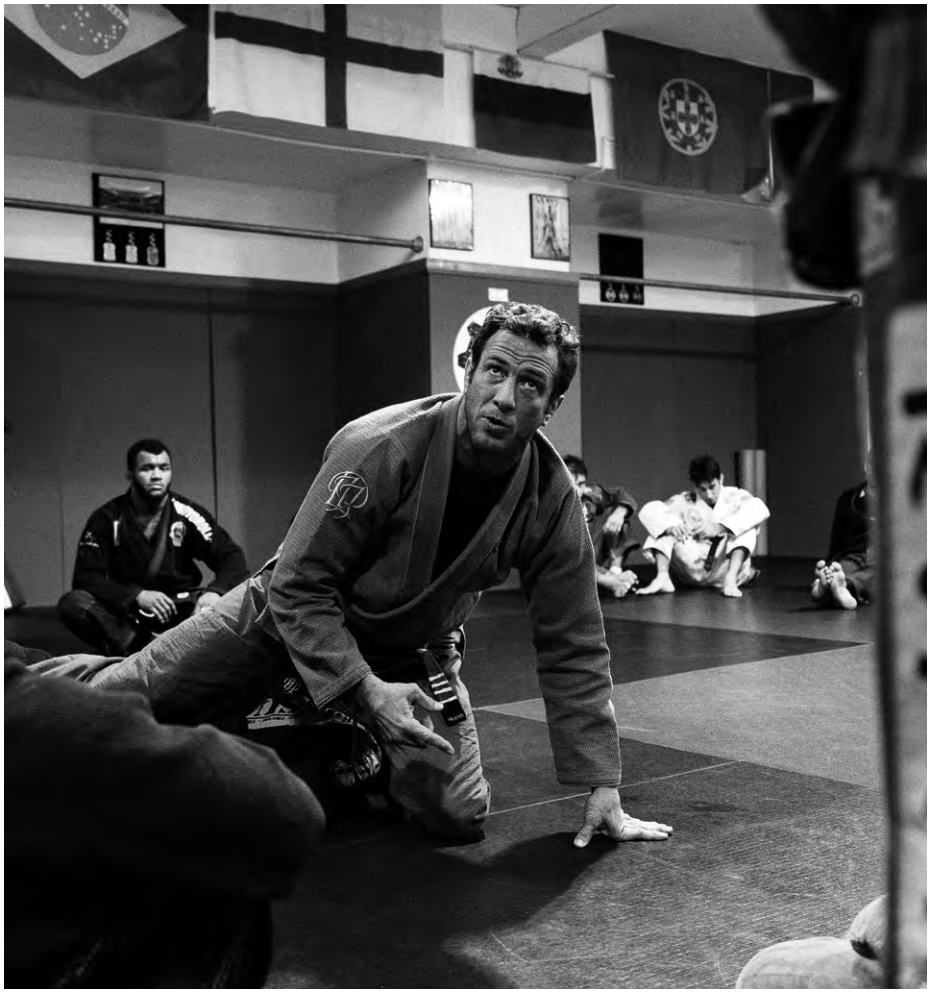
Growing up in Brazil during the 90s was a pretty exciting time to be involved in jiu jitsu, with the sport rising in popularity at an incredible rate. It was in his hometown of Sao Paulo that Telles was first introduced to grappling, which appealed to his laid-back nature and love for martial arts.

"The first movie that got me really interested was *Bloodsport*, with Jean-Claude Van Damme," explains Telles. "I started with karate, which I did all the way to brown belt. Then my karate gym started to teach jiu jitsu. I also saw Royce fighting in the UFC, so, like everyone else I said, 'man, I need to learn that'."

Whether teaching, training or just chilling out, Telles is always seen with a smile plastered across his face. A fantastic surfer and lover of life, it comes as no surprise that the rigid formality of karate was soon to be left behind.

"You know, karate was so strict, we couldn't even talk or laugh on the mat when we were training," says Telles. "Jiu jitsu is much more relaxed, more Brazilian style. Maybe it's even too relaxed sometimes (laughs). For me jiu jitsu was perfect after finishing school. I could go to the academy to train and have fun."

With jiu jitsu now on the menu, Telles started learning under the guidance of Fernando Yamasaki, the brother of famed UFC referee, Mario Yamasaki.



"TRAINING WITH GUYS LIKE LEO VIEIRA, TERERE, COMPRIDO AND DEMIAN MAIA WAS PRETTY SPECIAL. THERE ARE TOO MANY NAMES TO NAME. IT WAS A LONG TIME AGO NOW, BUT I STILL REMEMBER THAT TIME IN MY LIFE"

However, it wasn't long before the Paulista was uprooted and embarking on a new stage in his life.

"I started training in Brazil, but then I moved to the USA to learn English and I trained there with Fabio Santos and Carlos Valente. I got my purple belt in the US and then I moved back to Sao Paulo."

Upon his return to his native Brazil with a fresh purple belt around his waist, Telles was introduced to Fabio Gurgel and the Alliance team. It was during this time that his jiu jitsu was to reach full flow, surrounded by a wealth of future black belt champions.

"When I got back home, all of my friends that had been training with Yamasaki were now with Fabio Gurgel," states Telles. "Fabio Santos and Carlos Valente were both telling me that I should go and try training with Gurgel when I was back in Brazil, which I did, and I really liked it. I then stayed with Gurgel from purple to black belt."

The success of the famous crop of Gracie Barra athletes harvested in Rio during the 90s is well documented, but that of Alliance in Sao Paulo could rival any competition team in modern jiu jitsu.

"It really was amazing, man," says Telles on his time at Alliance. "Training with guys like Leo Vieira, Terere, Comprido and Demian Maia was pretty special. There are too many names to name. It was a long time ago now, but I still remember that time in my life.

"Even then I knew it was a special time for the team. We'd won a few world titles while I was there; I was part of that team during an amazing period. I will never forget, there was a Brazilian tournament that we went to as a team and I was the last guy to fight on the day. My result was going to decide if we won the team title, and luckily I won. The guys came and picked me up, we all went crazy man (laughs)."

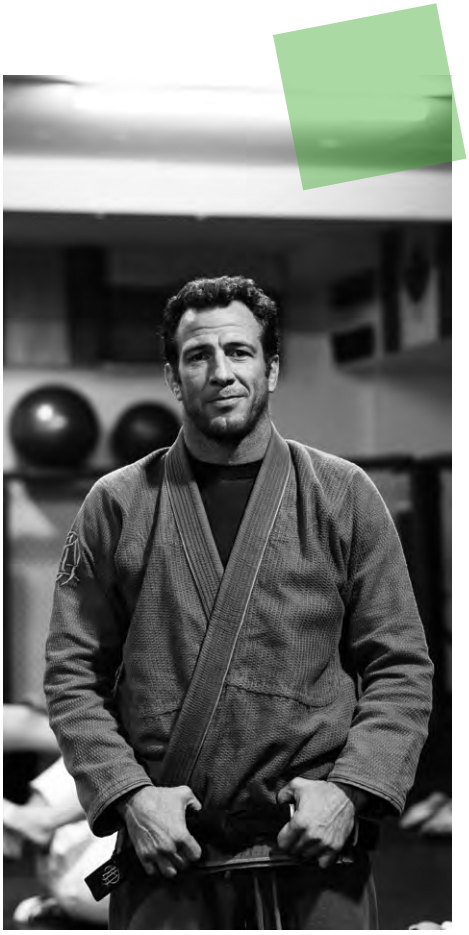
After the well-documented team split of 2002, many Alliance stars moved on and followed new paths. For Telles, it saw the birth of a new team, TT, alongside his training partner, Terere. Under the newly formed TT banner both founders flourished on the mat, with Terere in particular emerging as one of the best fighters in the world.

"Terere is the man," says Telles, simply. "He used to be my partner, but kind of my teacher at the same time. I always looked up to him and paid attention to the way he would fight, how he'd help guys at the academy, his energy – he's a unique talent for sure."

Though the TT team was in full flow, with the likes of a young Andre Galvao amongst the ranks, Terere's life was starting to fall apart. Life on the streets in Rio started to take its toll; Terere became addicted to drugs and was slipping away from his jiu jitsu life.

"It was so sad, man," says Telles on his teammate's troubles. "It was also hard to understand, because I'd never seen someone with Terere's problems before. It took me some time to understand and realise just what was happening to him. But, I am so happy he is healthy now, and I believe he has really beaten his problems. I visited him in Rio and I could see the spark back in his eyes again, and it was great for him to be at the Europeans to coach me. He's my coach, man."

Though Terere is now fit, healthy and teaching from his own academy in Rio, the TT team was dissolved during his sickness. In the aftermath of TT, Telles went on to form his new, current team – NineNine Jiu Jitsu.



"My team NineNine represents our search for perfection, because no-one is perfect and the highest we can ever hope for is 99%," says Telles. "Also, if you look at the logo there are two nines, because you need two people to train jiu jitsu. One nine is white and one is black, which represents teacher and student. The team and logo is nothing personal, you know? I didn't want to call it something like, 'Eduardo Telles Team'."

Now living and teaching in San Diego, California, Telles has established a new academy, where he can be found in attendance on a daily basis: "My school is kind of new so I'm working really hard for my students and spending lots of time there. I teach almost all the classes and I train with my students a lot. When I get a chance, I try to surf - If I can get some spare time!"

Early 2015 included some fantastic competition highlights for Telles, having been involved in the debut Polaris Pro event in Wales as well as winning his first black belt European titles. Though his submission only Polaris Pro match against Mike Fowler ended in a draw, Telles showcased expert control and dominant positioning, going on to receive plaudits from fans in attendance and online.

"I really like the idea of having more time to fight in jiu jitsu," says Telles while reflecting on his Polaris Pro match. "Jiu jitsu is not about time, as I think sometimes you need to make your opponent waste their energy. But, I also like the points system as well. This is because I believe that when you have points in a fight, it opens up submission opportunities. When someone doesn't have to worry about points, they don't have to open up their game. Look at the first Metamoris fight with Andre Galvao and Ryron Gracie, that's a good example of someone not doing anything to win a fight, but he didn't have to because there were no points. I must say that I also like advantages. I've lost so many fights by advantage, but I think advantages are important for making sure we get a winner during a match."

Having been involved with competitive jiu jitsu for many years, Telles' thoughts definitely warrant recognition. As conversation progressed, the Paulista's opinions on rules and regulations continued to surface: "I really want to complain about something with the IBJJF. Why no heel hooks in black belt divisions? The heel hook is an amazing move, and it is a big area to neglect. If we as jiu jitsu fighters keep neglecting the position, I think that's really bad.

"Go to the ADCC, Naga, or even MMA, you are left with a big hole in your game if you don't know how to heel hook. I think the IBJJF is making a huge mistake with not allowing it. Same with knee reaping, man; what's the problem with that?"

"One other rule in the IBJJF that I totally disagree with is that we don't see any points awarded for side control. They give points for mount, back mount and knee-on-belly, so why not side control? When you try to explain to students the difference between passing guard and arriving in side control it's very hard."

Perhaps it is Telles' career in MMA that has added much needed perspective to his outlook on the IBJJF rules for competitive jiu jitsu. Though best known for his efforts in the gi, Telles is a 2013 nogi world champion and holds a 5-2 professional MMA record. In fact, the NineNine founder has also regularly frequented X-Gym in Rio to help sharpen his vale tudo game.

"I trained a lot at X-Gym, because I was always back and forth to Rio when I lived in Brazil," says Telles. "They are killers down at X-Gym, they really taught me a lot. They also really made me feel part of the team and treated me so well, so I am very grateful to those guys."

With so many "fashionable" new techniques popping up on YouTube, you could be forgiven for losing track of things. You've heard of inverted

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guard, lapel guard, pancake guard and worm guard - but don't forget Telles' turtle guard.

For those of you reading this who are new to turtle guard, it is quite literally a range of escapes, transitions and attacks originating from the turtle position, which - as we all know - is not traditionally a progressive platform.

"A lot of people ask me about this (laughs)," says Telles on when he started developing turtle guard. "I think even when I was a white belt I started to work the position a little. People would start sparring on their knees, and I'm kind of lazy so would try and reverse them from there.

"After I got my purple belt I changed from being a guy that liked to stay on top, pass guard and refuse to go to the bottom, to developing my guard. I realised that the difference with jiu jitsu is the guard and our ability to play from the bottom. Anyway, I remember Terere would pass and go to my back, because he loves to go to the back, and that's when the turtle just arrived! It wasn't planned, but I started to create these ways to escape from all the back attacks (laughs).

"In the end, I believe that old school moves work, and new school moves work. In the end, they all connect. Instead of memorising positions I prefer to understand them. There are too many positions to memorise, but if you understand a position it helps you learn how to create. When you walk, drive a car, or talk, you don't think to do it - you just do it. Learn to understand a position and let it come naturally."

Having formed his own team, opened a successful school, been crowned a world champion, developed his own innovative position and been part of Alliance's dream team of the late 90s and early 00s, you could argue there's not much left for Telles to achieve. So, what does the future hold?

"I am just still in love with jiu jitsu, man, so I'm just keeping doing what I'm doing," beams Telles. "I may also fight MMA again. I have some guys I used to train MMA with here in the USA, so I am pretty sure I'll fight soon. I think my students would love to see that, too."

Telles would like to thank his sponsors Prana Jiu Jitsu and Jiujiteiro.

"WHY NO HEEL HOOKS IN BLACK BELT DIVISIONS? THE HEEL HOOK IS AN AMAZING MOVE, AND IT IS A BIG AREA TO NEGLECT. IF WE AS JIU JITSU FIGHTERS KEEP NEGLECTING THE POSITION, I THINK THAT'S REALLY BAD"

BUDO JAKE

A QUEST TO DEFINE THE BJJ FUNDAMENTALS

ADVICE THAT IS OFTEN HEARD IN JIU JITSU SCHOOLS AROUND THE GLOBE IS TO "FOCUS ON THE FUNDAMENTALS". IT IS HARD TO FIND FAULT WITH THIS ADVICE AND MOST STUDENTS NOD THEIR HEADS IN AGREEMENT WITH THIS SEEMINGLY WISE WISDOM. THE PROBLEM IS... WHAT ARE THE FUNDAMENTALS?

GUI MENDES

I've travelled to countless BJJ schools across four continents and I have found that while there are many similarities in the way techniques are performed, there are also many subtle differences. Additionally, I found that some schools focused more on one aspect of the art than another. One school seems to focus more on passing, another school more on guard, and yet another more on BJJ for MMA.

With this wide variety of instruction, I started to wonder. Would all of these instructors agree on a definition of "the fundamentals"? So I started asking. Every time I would train with a new instructor, or even if it was just an interview, I would ask the question, "What are the fundamentals or basics of BJJ?" Perhaps not surprisingly, I got different answers from different instructors. Today I have a mission. I'm going to find a definition for "BJJ fundamentals" that works for me. But I might need to rely on the help of some friends…

One commonly accepted notion is that fundamentals never change. This idea creates a nice feeling of legacy, like we're carrying on what the forefathers of the art created. But wait… are we really doing kimuras the same way Conde Koma did back in Japan? Are we setting up armbars the same way Carlos and Helio did?

To get another perspective, I decided to contact my friend, multiple time world champion, Caio Terra. He was quick to tell me that the idea that the fundamentals never change is a common misconception:

"Fundamentals change, because concepts change. As we gain a better understanding of mechanics we have to consistently revise. When I talk about modern jiu jitsu I'm not talking about berimbolo, I'm talking about revised fundamentals. From how we open the guard to how we cross choke."

Ok… Well so much for the idea of carrying on an unchanging legacy. So fundamentals change. How am I going to nail down a definition of something if it's always changing?

Well maybe fundamentals are called "basics" because they are simple movements. That makes sense, right?

Again Caio Terra was quick to correct me:

"Speaking of the cross choke the [reality] is that 'basics' aren't so basic. If the cross choke from mount were so basic, Roger wouldn't be the only one choking everyone. Calling it invisible jiu jitsu or magic doesn't make it any less real."

So the basics aren't really basic and they are always changing. I don't feel like I'm anywhere closer to an understanding of how to define the fundamentals at this point. I mean, I understand what Caio said and I do feel like I'm learning more of what the basics AREN'T. So to rephrase, here's what the basics are not:

-THE BASICS AREN'T SET MOVEMENTS THAT NEVER CHANGE.

-THE BASICS AREN'T SIMPLE.

As I sat trying to figure out a proper definition of the fundamentals, I decided to ask for the help of another luminary in our community. I posed the question to Gui Mendes – a world champ and owner of AOJ Academy. He replied:

"To us, fundamentals are all the basic essential positions that we learn from the beginning of our journey in jiu jitsu. They form the bottom of the pyramid. Closed guard, side control, mount and back are the bottom of our pyramid and as we understand more about the art we start learning more variations and different moves that we use to build our game."

Hmm. Gui's comments were easy enough to understand. Fundamentals are the moves that we do from the beginning. And there are basic moves for each major position. But again, the problem with this is that different instructors might focus on different moves. So does that mean there isn't a universal understanding of basics across the BJJ world? I wanted to reach out to someone who would have a strong opinion on the matter, maybe someone not so traditional… Got it. I called up 10th Planet Jiu-Jitsu founder, Eddie Bravo. He actually agreed with Caio by saying *"It's very hard to say what BJJ fundamentals are because it's constantly evolving."* Then Eddie explained the matter with an interesting analogy with Kung Fu:

"The lockdown is considered part of 10th Planet fundamentals but it's not in most traditional BJJ schools. There are so many styles of jiu jitsu; in my opinion every style has its own set of fundamentals. There are also so many styles of Kung Fu and each style has its own set of fundamentals."

Wow. I never thought of comparing BJJ schools to the various styles of Chinese martial arts. While I like this analogy, I don't think 10th Planet Jiu Jitsu is as different from Atos Jiu jitsu as Wing Chun is from Tai Chi. Of course the difference is that BJJ is only about 100 years old while Chinese martial arts are well over 1,000 years old (much longer depending on who you ask).

Just look at some of the biggest names in BJJ and trace their history. You'll find that many of them have belonged to more than one jiu jitsu school throughout their career. This shows how hard it is for organisations (who are run by people) to keep their members together. Look at the long history of any art and you'll usually find top students starting their own thing after some time due to relationship differences, or money, or in search of power. When new organisations are born it's natural for them to put a little more focus in one area than another. So what started as a commonly accepted practise often splinters into different "factions" that emphasise different aspects of the art. Thankfully, in BJJ we have events like the Mundials and ADCC where we get the best of the best together to see how they match up. This is something that most other arts don't have.

I want to thank my friends who were available to answer the phone to help. Caio Terra, Gui Mendes, and Eddie Bravo all helped me to reach an understanding of what the fundamentals are in BJJ. This is what my definition is today:

The fundamentals are often repeated movements done from the basic BJJ positions, however, they are constantly changing and they vary from school to school.

Is it a good thing or a bad thing that different schools have different fundamentals? Some conservatives would say that there is only one "real" BJJ and we have to do things as those before us did. This is often how the issue is treated in traditional martial arts. While there is tremendous value in maintaining tradition, there is also a real risk of becoming irrelevant or ineffective (however you choose to determine effectiveness).

My opinion is that diversity is a good thing. As a lifelong student of the martial arts, I love visiting new schools and seeing what aspect the instructor chooses to focus on. BJJ is an art filled with more than a lifetime's worth of study. It's rare to find someone who is equally good at all aspects. What is more common is to find an instructor who has a deep level of understanding of some aspects. I strive to be a well-rounded grappler and I will continue seeking out those around the world that have the deepest knowledge. And I will share with you what I find in future episodes of *Rolled Up*, *This Week in BJJ*, and articles right here in *Jiu Jitsu Style*.

CAIO TERRA

EDDIE BRAVO

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BJJ EPIPHANIES

THE LESSONS AND VALUES CRAFTED ON THE MAT

PEOPLE OFTEN REFER TO THEIR BRAZILIAN JIU JITSU JOURNEY AS ONE OF "SELF-DISCOVERY". THE MAT HAS A WAY OF TEACHING US LESSON AFTER LESSON AS WE SPEND TIME DEVELOPING AS GRAPPLERS, AND AS PEOPLE. THESE LESSONS CONTINUE AS LONG AS WE TRAIN, REGARDLESS OF OUR STARTING POINT AND COMPETENCE AS JIU JITSU FIGHTERS. AS TRAINING AND THE MERITOCRACY IT REPRESENTS MOULDS US, WE DEVELOP MORE CONFIDENCE AND SELF-AWARENESS, WHICH ALLOW US TO INTERACT WITH OTHERS MORE EASILY.

How often do you hear someone say that BJJ has made them a better person? While everyone is different, there are many "universal lessons" that BJJ teaches anyone who consistently steps on the mat. One of the things my 17-years in jiu jitsu has taught me is that some of the lessons we learn, or epiphanies we have, can be counter-intuitive, and sometimes funny. Here are a few!

I AM NOT AS TOUGH AS I THINK I AM!

When I started BJJ, I thought I was a pretty tough guy. I was strong for my size, had a black belt in a stand-up art and had done some wrestling. I was pretty sure I would pick up a new art quickly and I would be throwing guys around in no time at all. I actually cockily told a blue belt to "go get an instructor" my first time in a school… not understanding that this very blue belt would tie me up in knots!

When someone told me about "tapping" when caught in a submission, I barely paid attention, as I thought I would simply "power out" of a submission just like I had seen on TV in movies or pro-wrestling. Well, I quickly, very quickly, learned the error of my ways, (in fact, I think the blue belt saved my life, as he convinced me to take a class first rather than just 'spar' with the instructor). I tapped early and often in that class and I clearly remember the moment when I thought, "I am NOT as tough as I thought I was".

It was humbling, but liberating at the same time. I shut my mouth, opened my mind and signed up - it was the first day of the rest of my life. Over the years I have discovered almost everyone I know in BJJ has had the same epiphany, in fact this lesson is often cited as one of the main reasons people sign up to train after taking an intro class.

I ACTUALLY LIKE CHOKING MY FRIENDS!

Be careful where you share this revelation, as non-jiu jitsu folk will not understand!

At first, sparring and drilling can be uncomfortable, challenging and unpleasant, but that soon changes. You start to feel satisfaction as you apply a choke or submission perfectly, even when drilling. You begin to practise your grips on your steering wheel, you examine suit jackets to see if they are thick enough for chokes and you start wearing long sleeve shirts more often, just in case you want to drill Ezekiels.

When someone asks you about your new "hobby", you want to "show them" - meaning you want to take any opportunity to practise. When you get to this point, you really start to value your teammates and training partners as they "understand" so they do not have to be tricked into being your practise dummies.

Sparring can still be competitive, but you feel closer to these people because even when they choke you, they let go as soon as you tap (an ultimate example of trust and partnership). One day you are sitting around and you realise that you now "really enjoy choking people"! You do not want to hurt anyone, so to speak, but you enjoy the technique, control, strategy and trust inherent in the process of setting up, securing and applying a choke on another person. And, often it works out that the people you choke the most end up being some of your closest friends.

THAT LITTLE DUDE OR WOMAN IS A COMPLETE MONSTER!

When I trained at the Yamasaki Academy in Rockville, Maryland, we had many people walk in and want to "give BJJ a try". By this, I mean they wanted to come by and roll with some people to see or prove how tough they were. This happens quite a bit at jiu jitsu schools. People come in and essentially want to test themselves. It can be a tricky situation; if you have a bigger, stronger and more athletic person tap them out, they just say "That person was bigger, stronger and more athletic".

At our school, those guys often ended up rolling with one of our "little guys". We had a few blue belts who were physically unimposing but very technical, who would roll with these people and tap them multiple times while still being friendly and non-combative. These "little guys" were in shape, but not in the kind of physical condition that would give visiting "tough guys" any reason to pause. The visitors would openly be excited at the prospect of tapping out a blue belt before they were shown the error of their ways. Often, this led to two outcomes: 1. The visitor would

"THE ACT OF CONTINUING TO COME BACK TO THE MAT IS THE MOST IMPORTANT FACTOR AS YOU ARE WILLINGLY BRINGING YOURSELF TO A PLACE WHERE YOU WILL BE TESTED AND THE ONLY WAY TO ADVANCE IS TO EARN IT"

have a new-found respect for BJJ and become a student. 2. The visitor would almost invariably end up saying "That little dude is a complete monster"!

BJJ teaches that while size and strength are factors if the technical skill gap is small, relatively un-intimidating men and women can be extremely "tough" and "mat monsters" when they have a distinct skill advantage.

I AM A LOT TOUGHER THAN I THOUGHT I WAS!

This seems like a contradiction to the earlier point, but it is not. This comes later in your journey and after you have accepted that you are at the beginning stages of your development in BJJ. You initially feel frustrated at tapping or being dominated, and often you come to this epiphany when you express your frustration to an instructor or senior student. They encourage you to look at how far you have come, what you have learned and, most importantly, that you continue to come back to train.

The act of continuing to come back to the mat is the most important factor as you are willingly bringing yourself to a place where you will be tested and the only way to advance is to "earn it".

This speaks to the MENTAL toughness aspect of your BJJ journey that often goes undervalued until it is tested by the humbling experiences that training provides. The realisation that you are, in fact, a lot tougher than you thought you were is based on a much truer definition of toughness than the one you had when you started BJJ. When I came to this epiphany, I remember feeling like a huge weight was lifted off my shoulders as it made it easier to focus on simply getting better at my own pace rather than being a "tough guy". The irony is that this realisation and appreciation of the toughness I was showing allowed me to train more freely and make significant advances in my game.

I ACTUALLY DON'T NEED TO FIGHT!

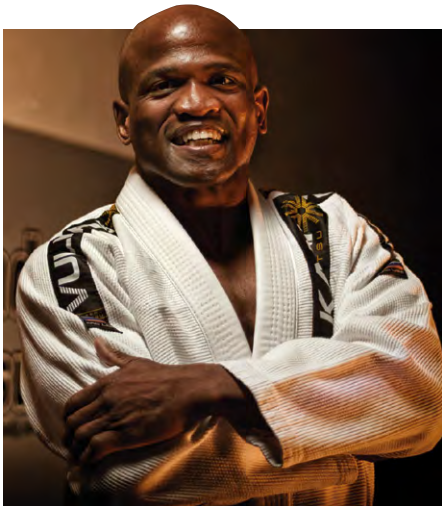
At least half of the people I have talked to started BJJ either for self-defence or due to the influence of MMA. Often, especially in the beginning, the questions "How would I use this in the street?" or "Is this useful in a fight?" are heard coming from new students. People new to BJJ want to try their "new moves" out on friends who used to wrestle around with them or "obnoxious friends". A funny thing happens as they continue to progress in jiu jitsu. As they get better at controlling others using BJJ, they often seem to find a lot more control within themselves. The rise in confidence of their ability to easily dominate someone via grappling translates into enthusiasm to learn more and a lack of enthusiasm to engage in unnecessary fights.

As a purple belt, I remember being at a bar with some friends and a very loud, drunk guy decided my laid-back attitude made me an easy target for his jokes. I laughed and offered to buy the guy a drink. He was disarmed and walked away leaving my friends to ask me why I didn't "jiu jitsu" him. I laughed and said, "If someone wants to fight me, they can either throw a punch and make me, or they can pay me. I don't have anything to prove". When I thought about that later and how differently I would have handled the situation before I had the confidence that BJJ gave me, I was very happy with my personal growth. Ironically, I started jiu jitsu to learn how to fight, but I realised that it taught me I didn't need to fight.

When I first had these epiphanies I thought I was experiencing something unique, but I have learned over time that my BJJ brothers and sisters shared my discoveries. These discoveries serve as evidence for how much this sport is a cultural part of our lives.

Now, I can't imagine walking another path. See you all soon on the mat!

Sam Joseph is a 2nd degree Black Belt in BJJ under the Yamasaki Academy. He was awarded his black belt in 2007 and has vast experience as a teacher, BJJ competitor and MMA fighter.



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COMPETE AND REFEREE?

The European Championships recently came to a close - five days of competition with over 3000 competitors crammed into a single sports hall in Portugal, and I spent most of those days working on the mats, resplendent in my IBJJF-issued suit and tie.

When I started out in jiu jitsu, I never really thought of becoming a referee. It's hardly a very glamorous or well-publicised role, and honestly, in the early days of my competitive career none of the people who were refereeing seemed like they wanted to do it or that they were enjoying the whole process. When I was a blue belt, I was asked if I could help out refereeing at a smaller competition and I figured "Why not?" and gave it a go. Several years and a few belts down the line I'm still doing it, still enjoying it, and have had the experience of refereeing some of the best black belts in the world. So why? Well, a few reasons:

IT HELPS YOU ON THE MAT

This one may sound rather obvious, but knowing the rules makes you a better competitor. Jiu jitsu is one of the few competitive activities in the world where a lot of people step onto the mat without thoroughly knowing the rules and regulations of the sport they are competing in. It's one thing to know how many points you score for achieving the various positions in jiu jitsu, but something else entirely to know the importance of replacing a guard before gaining top position to score sweep points, or that it's to your benefit to pause after some sweeps to let your opponent establish a guard briefly so you also get the guard pass points. These things can make a huge difference to the final scoreline of a match, and can be the difference between winning and losing.

Most of the top competitors know the rules and how to use them in their favour, and one of the best ways to get to know them is to be out there on the mat for a full day, watching matches, making those calls, questioning the calls you have made, and getting feedback from other more senior referees.

"MOST OF THE TOP COMPETITORS KNOW THE RULES AND HOW TO USE THEM IN THEIR FAVOUR"

IT HELPS YOU TO COMPETE MORE

For me, this was the big one, at least initially. Competing in jiu jitsu can be an expensive activity at the best of times. Even a national competition can set you back close to £100 after travel costs are accounted for. Working that same tournament can mean you break even on the trip. Once you can start bringing down the cost of competitions to almost (or even below) zero, you don't even really have to plan your finances for competition any more. You just have to decide to go and then you go.

Some competitions will cost you a little, some will make you a little, but barring the really big and expensive international trips, you can compete whenever you want to without money being too much of a factor. Refereeing at the really big competitions requires you to be a higher belt with some experience, but for every local competition you compete at that costs you nothing, you have a bit more money left over to pay for the big summer trip out to California.

IT HELPS YOU TO BE MORE UNDERSTANDING

The biggest stress factor when refereeing is usually coaches who want to berate you and generally tell you that you have no idea how to do your job. Yes, referees make mistakes, but it's only rarely that it's because they are bad referees, and this is something that you don't appreciate until you have tried it, stepped onto the mat and officiated not just a couple of matches, but a whole day of matches.

This exposes you to a range of different styles of competitor, from the large and generally easy-to-score heavyweights all the way across to the light-featherweight double-guard-pulling berimbolo ninjas. So, firstly, you acquire the understanding that the referee's job is a hard one, he is not out to get you or your fighters, and perhaps you should extend him a little more patience. Secondly, you at least know the rules well enough to not enter into arguments or blame a referee who could well have been entirely correct in the calls he made. This happens more often than you would expect.

Those are the big three reasons in favour of refereeing at a few competitions, at least. That's not to say, however, that there aren't drawbacks to refereeing, with two in particular standing out:

YOU CAN'T ALWAYS BE THERE FOR YOUR TEAMMATES

When you step into the role of official, you often end up in a position where your work stops you from coaching friends or teammates. Or, alternatively and often worse, when you are in the middle of officiating, then turn around to see them step onto the mat across from you whilst you were completely unaware.

At a lot of competitions you'll be able to take time off from refereeing to coach certain people but you won't be able to be there for everybody, and if you care about your teammates and their success (and I would hope most competitors would) then this can be hard to stomach. Obviously, if you are responsible for everyone from your team who is coming to the competition with you then you shouldn't even be considering refereeing - you should be taking care of them and making sure they are ready to fight. In turn, you also miss out on the camaraderie of being on the sidelines with your team, joking and bonding with them. You can get some of that with fellow referees and staff members, but it isn't really the same.

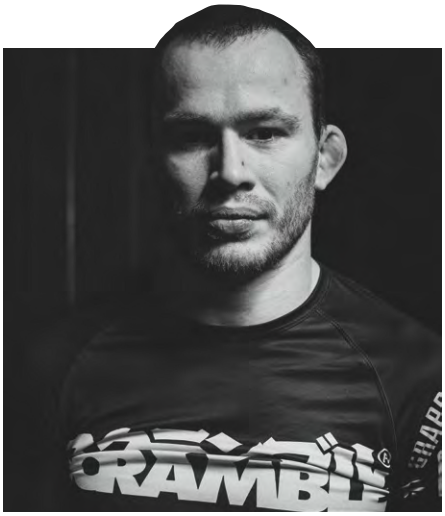
YOU AREN'T GOING TO FIGHT AS WELL

I'll be honest here, refereeing is tiring and it takes a lot out of you. Exactly how much it can hurt your performance depends rather on at what time you are scheduled to fight. There are few things worse at a competition than refereeing for an entire day in anticipation of a fight at 4pm or even later. A lot of the time, if you're fighting early in the day, it really doesn't impact on your performance much at all. The reality is, however, by refereeing you're going to fight slightly worse. Either because you aren't quite as focused, are ever-so-slightly more tired - whatever the reason, your performance won't be as good.

I'd argue that, as mentioned above, the extra opportunities to compete more than outweigh the fact that you might be operating at 90% for some of those matches, but for people who take losses very badly it can be difficult to lose at a competition and know in your heart that you could have done better. Ultimately, it depends on the individual how big a factor this is.

In conclusion - I think for the majority of people the positives will outweigh the negatives most of the time. There may come a point where you decide that you need to focus on your own performance and that of your team for a while, and that's a good thing too. But before you criticise the man in the middle, spend a day in his shoes, see the good and the bad, and maybe then competitions will be a less stressful place for the man in black.

Oliver Geddes is a seasoned competitor, referee, globetrotter, half guard connoisseur and black belt under Roger Gracie



MACHADO TALKS
A WARRIOR'S WAY

This piece deals with the importance of handling our day-to-day life, in order to be prepared for life itself.

When it comes to our work ethic, little things done on a consistent basis will, in the long run, yield results greater than if done in sporadic bursts. We live in a culture that does not instil individual commitment to anything for a period of time long enough to see the benefits of any given activity.

The short-term mentality is what prevails, getting something with little effort, little time, and having all the perks along the way before switching to something else. That is a distorted way of thinking, maybe exacerbated by the celebrity stories that run amok in the tabloids, giving the impression that anyone who sends an application to American Idol will end up signed with a record label.

By the same token, a student at the dojo will not become competent, nor advanced enough into the program to eventually become a black belt, unless there is a degree of dedication to sustain them to that level. It is not an easy road, and there will be many blocks along the way. Each challenge can be an opportunity to reaffirm a commitment, or an incentive to just quit, as is the case with most similar situations we see in regard to other activities. Parents might even be behind that; trying to get their children involved with so many different activities that it leaves no room for the child to focus on a single one. The pressure is so great, and time so flimsy.

Our civilized world allows us to be mediocre if we want to; the world will be okay with it. Just make enough effort to get by, and use up all the remaining time and energy for leisure, and whatever is fashionable. Unless there is a motivation factor for the student to pursue the noble goal of attaining mastery of an art, they will eventually succumb to the pressures of society, family, or life's obstacles, and interrupt the journey before maturing into it. That is a choice, and it tends to become a pattern if left unchecked.

We, today, can afford to live like that, but that was not the case at other times in our history. Warriors of medieval times never knew what stability was. The power struggle among the warring nations would often drag armies left and right against each other. Citizens would not have that much to choose from either. A man could tend to herds, or join his forces with others to repel invaders or conquer neighbouring lands. The option of inactivity meant losing his family and homeland.

In times like that, preparation from an early age for the harsh realities of life was a necessity. As a youngster grew mature, it would not be uncommon for him to see the worst of what life had to offer before any glimpse of a better

"UNLESS THERE IS A MOTIVATION FACTOR FOR THE STUDENT TO PURSUE THE NOBLE GOAL OF ATTAINING MASTERY OF AN ART, THEY WILL EVENTUALLY SUCCUMB TO THE PRESSURES OF SOCIETY, FAMILY, OR LIFE'S OBSTACLES, AND INTERRUPT THE JOURNEY BEFORE MATURING INTO IT"

day. That forced him to take his idle time very seriously, which was not much to start with. The honing of his skills and the health of his body was the main concern. He could not choose when or who to fight, the only thing he could do was to be as ready as possible for when that time came. We read about that in history books, we watch in amazement at films with big productions (like *Troy* or *300*), we even forget the incredible hardship our countrymen have endured in recent times.

Martial arts can be a hobby, a passion, a career, or a lifetime goal. For every aspect, there is a degree of commitment involved. Instructors and parents who push the children too fast, too soon, will not get them to go too far. The longevity of a martial artist includes all of the aspects inherent to its nature. Initially, a hobby can turn into a passionate activity, which eventually transforms into a lifetime goal, and occasionally for some, a career path. A student may be capable of taking advantage of some or all of those possibilities, as long as the support system behind them supports that goal.

There will be certain individuals out there from the beginning who will display the desire to go for the long run, although they are fewer and rare. Most will reflect the standard characteristic of initial excitement until more effort becomes expected for further progress, or competing activities take their attention away from it. Those sensitive times require a lot of tactfulness from the instructor.

I list below a few personal notes I have come up with after some trial and error, both as a student, and eventually as an instructor.

A student is a candidate for quitting unless provided with enough incentive to go on:

We need structured classes, consistency from instructors and staff, communication between students and instructors (someone missing a class for a while, or in need of private time to consult with someone over training concerns, must be addressed). A path must be laid out for the advancement of the student, as a martial artist and, if desired, as a professional martial artist.

An environment of co-operation among students:

In a class environment, what counts is not the amount of classes, how big the classes are or who instructs the classes. From the instructor to the last one in class, everyone should know what to expect and what to do. Instructors carry the lesson plan, assistants spend time learning those plans for the purpose of being more capable of grasping, and helping others to grasp, the material taught by the head instructor. The students should be on time, ready to help if needed, waiting for the time to ask questions when appropriate, and be mindful of other students' needs and the instructor's expectations. The attitude is to be a source of encouragement amongst one another instead of competition against each another.

What happens outside the mat will also influence what happens on the mat:

Instructors can be outnumbered when it comes to all the other competing factors that can affect the commitment of a student at any given time. These factors could be other sport activities, additional extra-curricular activities, parent pressure, peer pressure, depression, academic exams, health concerns, and so much more. All of those aspects, separately or combined, can alter the mindset of a student towards his training. What is pleasurable can become a drag. Instructors and staff have to be aware of any change in the student's demeanour in order to avert a possible outcome that is detrimental to his goals.

Preparation is a priority for success, on the mat and off it!

Students will learn from the outset of training that in order for them to get somewhere, steps must be taken. Let's use gaining rank as an example. There is a need for them to attend a certain number of classes, and to become proficient to a certain degree with a number of techniques critical to their future advancement. If a school graduates students at different periods of time, there must be a set time and skill description for that situation. The instructor and staff must manage the classes, ensuring each member is up to date with the material that will be required for their next level.

After all is said and done, if a student does not show enough disposition and skill to justify a different rank, I recommend that he/she waits for another opportunity to show their knowledge, and this allows us to work more diligently to ensure that he/she will have what it takes to go through his/her evaluation successfully. A bit more work, for a lot more result. The worst thing is for an instructor to acknowledge rank to someone who is not ready.

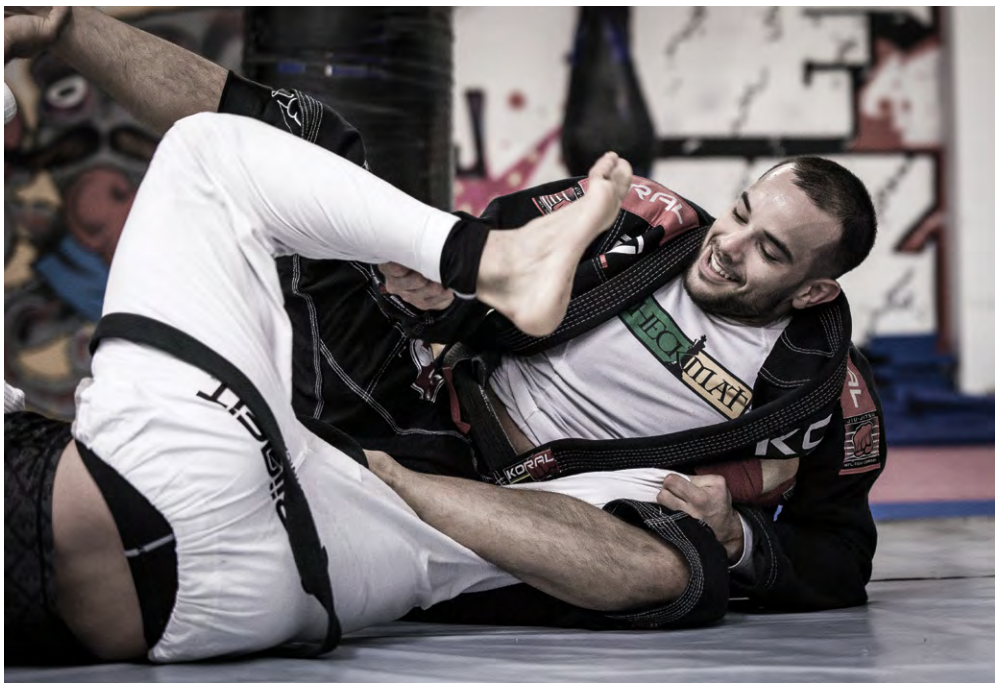
I conclude by saying that we live in a wonderful world, which is surely full of troubles, but still allows us as individuals to progress and attain unheard of levels of accomplishment. Yet, it is also true that with all the comfort we are afforded, complacency is not uncommon. Next time we go to see a movie of the ancient warriors from the past, it would be of use to remind ourselves of how much less they got, and how much more they had to be prepared for. It was a matter of plain survival.

Our struggle, on the other hand, is not of a physical survival to that same degree, but more of how to prevail as a successful role model and business martial artist, teaching and sharing the values of the art, and the possibilities of what we do. We do not choose when to fight, but we know how to prepare for when the challenge is presented to us. Victory is the consequence of much effort and preparation way before the situation arises. We can say the same of success, or whatever other arena of life we use as an example of fulfilling a goal. Instructors face the dual tribulation of being successful in their own right and passing onto others that same ability, one step at the time! So, do not waste any more time, just get ready for it!

My best to everyone, and see you soon in our next issue!

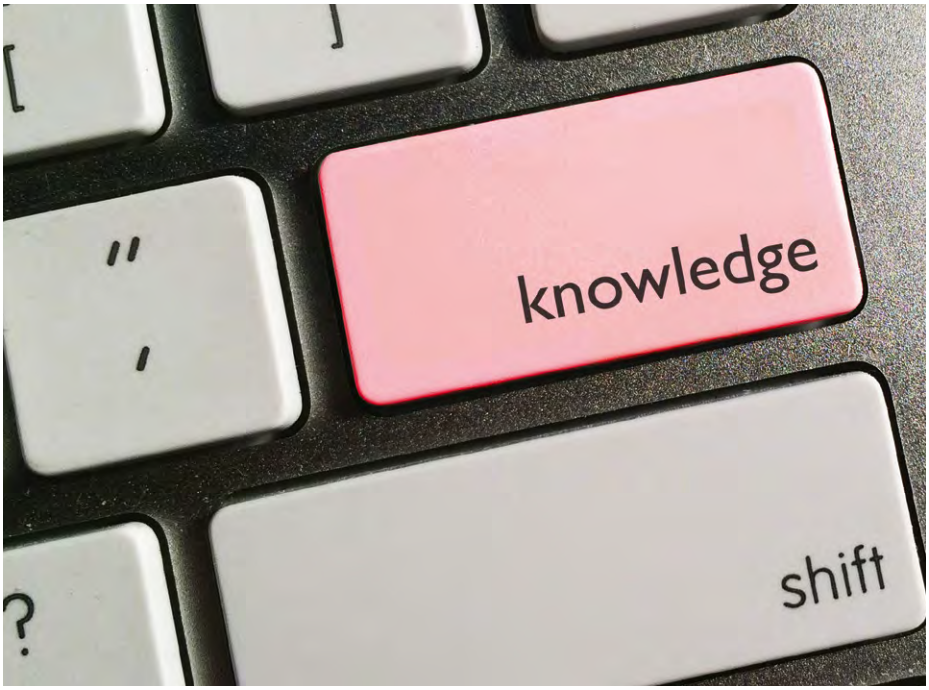
CARLOS MACHADO

9th Degree Coral Belt
Owner RCJ Machado Jiu-Jitsu Inc.



AN OVERFLOWING CUP

After a Wi-Fi starved Christmas in the safaris of Southern Africa, arriving back at Heathrow airport was quite a shock. Over 350 e-mails flooded my phone as I switched it back from flight mode to 'usual service'; over half of these were offers from companies for BJJ learning tools: books, DVDs, Apps and other online resources. The bigger travesty, aside from the hours I would now spend trawling through them, is that despite already owning more than my fair share, I would undoubtedly buy more!



The modern era of advanced information technology and the successful blanket integration of the Internet across the vast majority of our lives (I think only my parents and maybe two other people in the UK are without it), has led to the mass sharing of information, instruction and 'tips' from one source to another unlike any other time in history. The Brazilian Jiu Jitsu community, with its open attitude of sharing tactics, techniques and methods, (one of the things that makes BJJ stand head and shoulders above more secretive systems of combat arts in my opinion), has been far-sighted in using modern media to spread its word and help us all learn, all within the comfort of our own phones!

But, like all things, it comes at a cost. The down side of this proliferation of knowledge is information overload; a phenomenon that, if left unchecked, leads to problems. At this point allow me to paraphrase a very well used, but nevertheless effective, Zen parable to state my case; I'll be quick:

An overly keen rookie student of Zen approaches his Master and asks -actually sort of pushily demands in the way that only rookies know how- for all the teachings his Master has, so that he may gain the wonderful state that is 'enlightenment'. 'Sure', says the Master, 'but first, let's drink tea' (a custom born in Japan that inexplicably seems to have made its way to the hills of England's Yorkshire - the sharing of hot beverage before serious instruction). A little pained at having to wait for life's secrets, the student reaches his cup towards the Master's Tetsubin (kettle). The Master pours…and pours, and pours and pours…

Until, burnt from the overflowing tea, the Student squeals, 'Master, the cup is full; no more tea will fit'.

'Like you my student, so full of ideas that none will ever remain', replied the Master.

A similar situation, I think you may agree, is prolific amongst us BJJ'ers, partly caused by the plethora and variation of techniques we are exposed to in class and, as already mentioned, partly due to the free movement of huge amounts of information on-line. This hopping from one technique to another leads us towards being a 'Jack of all trades, Master of none'- quite good at a lot of things but never exceptional at any one.

GREENER PASTURES

What's even worse about this 'technique hopping' is that it potentially leads to what I call the 'Greener Pastures' syndrome; the thinking that the next DVD, App or You Tube clip will offer something different to radically and effortlessly change your game overnight (hopefully without too much actual effort - humans love a short cut)! Most of the e-mails that I receive from companies offering instructional series feed into this type of thinking by using words such as 'secrets' in their promotional literature, e.g. ' the 7 secrets of the closed guard', 'secret tips from the Foot lock Master', 'secret lessons with Professor RNC' etc. The insinuation is that they have something that you don't have and, if you pay, they will let you have it; just good old-school marketing at work. I'll let you into my own 'little secret'. There are no secrets. Yes, depending on your level of experience there is probably stuff you don't yet know, but there are no 'secrets', just hard work and dedication.

The cost of insisting that there are special secrets in 'pastures new', aside from potentially making you a 'Jack of all trades', is that it is highly addictive. Be honest; do you find yourself checking out BJJ on You Tube when you should be doing something more productive? Do you check your Facebook account, particularly the BJJ posts, before and after you switch on/off the bedroom light? Is the photo library on your phone being filled with motivational BJJ quotes layered over, usually, pretty cool action photos?

If so, don't worry. You are not alone, but you may well be addicted. Apparently, according to rat testing boffins investigating addiction to this sort of thing (social media, hand held gadgets, 'get rich quick' schemes and the like) each time you see something that piques your attention your brain secretes a shot of dopamine (the feel good chemical our body naturally produces). We reflexively keep looking at our gadgets so that we can keep getting these dopamine hits. The problem is we keep searching forever -increasing hits- the same brain patterns and behaviours that those addicted to illegal drugs also demonstrate.

Enough of the scaremongering, it is time for a possible solution: the way to get the most out of on-line resources without the downsides, the way to have them help rather than hinder. Just before we offer a solution though, it's useful to look at the possible reasons that initially lead us to 'technique gathering' (the long-term fix for any condition is to work with the cause as well as the symptoms).

LEFT BEHIND

After speaking to many about this, and deeply examining my own tendencies, I have come to the conclusion that one of the big issues for many of us is that we feel, if we don't keep up with the multitude of techniques our peers

seem to be assimilating, we will be left behind; destined to be at the bottom of the pile forever more. This underlying train of thought, this 'elephant in the room', remains the great unsaid within academies.

Relax. You won't get left behind. Even though your peers all appear to be learning, remembering and assimilating more stuff into their game than you, they aren't. They are as human as you, with the same time constraints, the same aching limbs, and the same inability to store everything that is being learned - despite their protestations and claims otherwise.

So we now know that hopping from one technique to another leads to poor quality performance and an attention span that fails to focus efficiently. We know that a possible cause of our need to stockpile techniques is fear of not knowing as much as our peers. But what is an effective solution?

GOD SAVE THE QUEEN

Of all people, it was my anatomy and physiology teacher who once gave me this creative writing exercise whilst on a Shiatsu retreat to explain focus and the way the brain learns:

STEP 1: set a timer for twenty minutes and write about any subject of your choice (no boundaries, guidelines or limitations have been set).

STEP 2: put your work aside and take a ten-minute break to refresh.

STEP 3: set the timer for a further twenty minutes but now your writing must be about the Queen's head side of a fifty pence coin (tight boundaries, imposed and specific limits have been enforced).

After this exercise, you may well be surprised to experience that the mind flows more within precise confines (writing about the coin) than without. The great paradox of the human condition is that depth and freedom are found within the shackles of limits. The brain learns like a web; one thought or idea leads to a similar or related one that leads to another, then another ad infinitum, creating patterns of interrelated thoughts all stemming from a precise point (look at the brilliant work on 'Mind Mapping' by Tony Buzan for more detailed information). What does this mean to us as students of BJJ? By choosing to focus on a single and very specific area of training, you will be, inadvertently, opening the door to many.

Let's use three high profile examples: Roger Gracie, Ricardo De la Riva and Ronda Rousey (I am aware she is not BJJ and not of the same calibre as Gracie and De La Riva, but her example is undeniable). It is fair to say that with all of these competitors you know what to expect when you face them, but is there anything you can do to stop their specialities? History has shown, 'not really'! They are masters of a limited arsenal of techniques that are so embedded with years of focus, understanding and perfection that they are as good as being unbeatable.

But Mastership is only half the benefit of focusing intently on a single or limited set of study.

AUGURIES OF INNOCENCE

To understand another major benefit of focused study, consider the opening of William Blake's poem, Auguries of Innocence:

To see a World in a Grain of Sand
And a Heaven in a Wild Flower
Hold Infinity in the palm of your hand
And Eternity in an hour

Simply put, you can understand almost all techniques by the deep study of just a few. It is an illusion that there are lots of things to learn. Myriad techniques all share a very limited set of concepts (see my article 'the concepts of concepts' in *Jiu Jitsu Style* issue 23).

To see a world in a grain of sand - the grain of sand is the precise point that we start our focus from (the fifty pence coin), the world we see is the endless stream of interrelated thoughts that are inspired by it.

PUTTING IT INTO PRACTICE

In the world of Karate there is a saying 'three years, one Kata' (Kata is the formalised practise of a set sequence of moves in varied directions). The traditional way of training was to pick just one Kata and do only that for three years! It is very difficult to follow this intensely disciplined regime - but worth it (and often given as a mental discipline test before high grade skills were shared from Master to student).

What you may like to consider, to get the most out of all the DVDs, Apps and online resources, is to pick just one and work on it for, say, four or five months. Delve into the depths of its knowledge, become imbued with the lessons within; let the techniques permeate your very being until, on one level, you just get really darn good, and on another you experience *eternity in an hour* - the understanding of the macro via the micro. It doesn't matter which resource you choose to study - this is not something you can get wrong. If you apply yourself diligently, you will learn and benefit from anything you choose to commit yourself to, no matter what. I can personally attest to the efficacy of this way of learning - heaven knows I needed to adopt it; it has made a huge difference to my understanding of BJJ, not to mention saving me quite some money in un-purchased new instructional series!

So whether you have a guard passing DVD, a submission App or links to a You Tube Channel, get stuck in; and don't you dare jump to the next thing until you are done!

MATT JARDINE IS A FULL TIME MARTIAL ARTS TEACHER, WRITER AND BJJ FANATIC TRYING TO CHECK OUT ANY IDEA THAT WILL HELP IMPROVE HIS GAME (AND STOP HIM FROM GETTING ARM BARRED)…

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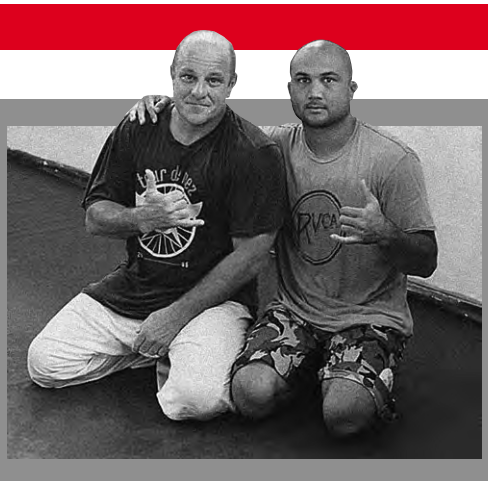
TOM CALLOS TALKS...

FOUR OF THE BASICS EVERY JIU JITSU SCHOOL OWNER, TEACHER, AND/OR STAFF MEMBER NEEDS TO KNOW TO RUN OR HELP RUN A SUCCESSFUL (PROFITABLE) ACADEMY



To run a successful martial arts academy (I think: What is "successful?"), you must have knowledge. But of course, knowledge is not enough, it's taking ACTION on knowledge that separates those who will from those who won't. Knowledge without action is a car without fuel.

For example:

KNOWING YOU SHOULD SAVE MONEY IS NOT SAVING MONEY.

KNOWING YOU SHOULD MARKET YOUR WORK IS NOT MARKETING YOUR WORK.

KNOWING YOU SHOULD TRAIN MORE ISN'T TRAINING MORE.

KNOWING YOU SHOULD EAT FOR HEALTH IS NOT EATING FOR HEALTH.

Knowledge and action, that's the one-two punch of creating a successful martial arts school. Not enough knowledge and you struggle; not enough action on that knowledge and you struggle. I should note here too, I rarely, if ever, coach martial arts school owners who are pursuing too much knowledge or taking too much action. I most often find the opposite to be true.

As knowledge without action is like having a car without fuel, taking action without adequate knowledge is like having fuel - without a car to put it in (in other words, despite the fuel you have in your can, you're not going to get very far). Just as jiu jitsu is a complex and strategic art, so too is running a good/great academy, however there are some simple/core basics that are almost always the foundation of any kind success worth having:

WHAT YOU NEED TO KNOW NO. 1

First, let's establish the obvious: It's a given that your product (classes, teaching methods, and all the social interaction around people teaching and taking classes) has to be the best you have the skill, intelligence, creativity, and wherewithal to orchestrate. If your knowledge of your art is marginal, the odds are you will struggle. If you know how to break the complex down into manageable pieces and you can guide your students to a high level of performance, you're far more likely to succeed. If your skill is substantial, it's like heading out on a trip with a good running car and a tank full of fuel; of course, a good car and fuel isn't the journey itself, but it's very clear

that a road trip isn't going to go well without either of them.

WHAT YOU NEED TO KNOW NO. 2

If you're going to own and operate or be a part of a "successful" school, that is, one that produces extraordinary results in its students AND makes more money than it spends to operate, then you're going to have to learn two basic skills:

A. How to GET new students, and;
B. How to KEEP students once you get them.

As a school owner with a mission and/or bills to pay, if you can't get and keep students, no matter what your perceived teaching ability or martial arts skill level is, you're destined for school owner pain and suffering.

WHAT YOU NEED TO KNOW NO. 3

You must INVEST in promoting your work if you expect to get a decent RETURN, or in other words, you must give before you can get.

If you want your school to produce $10,000 or $100,000 or even a $1,000,000 in gross revenue (which is quite doable), you have to be prepared to invest some percentage of that income in marketing effort before you can expect any sort of decent return. Many school owners I work with don't "get" that they might have to invest $100,000 worth of energy into their marketing if they expect to reap $1,000,000 in return.

Of course, getting a million dollar return on a one hundred thousand dollar investment would be a miracle, but the IDEA that some significant amount of investment must be spent before a strong return can be expected is all the fuel one should need to drive a steady, aggressive, smart, and consistent school marketing campaign.

WHAT YOU NEED TO KNOW NO. 4

Little daily activities (can) add up to be giant accomplishments. I've found, as I'm sure you have too, that it is very, very rare that any single training session ever yields a quantum leap in knowledge or skill. Breakthroughs and significant improvement of skills happen over time. Skill and accomplishment and success accumulate; they're made up of many, many small efforts. Likewise, lack of skill and lack of success are also "accumulations" --mostly of failed opportunities, lack of consistent effort, and misdirected focus.

What you do every single day, every training day, every working day, will dictate the results you're going to get from your work. Do nothing, get nothing. DO little, get little. DO a lot, a lot of the right things, and you're far more likely to get results you can take to the bank.

When it comes to getting and keeping students, the best work is the work that's done every single working day of the year. If you let days pass by without working at getting new students and keeping the ones you have, you're missing THE

lesson in how to run a truly successful school: little things add up.

Note: One of the giant elephants in the dojo of most martial arts schools that school owners, teachers, and staff members make - is mistaking activity for accomplishment. If I may make a suggestion: DON'T mistake activity for accomplishment. How? Look deeply at what you do every single working day of the year. If you take care of the little things, the big things you're hoping to make happen will be far more likely to happen.

IN REVIEW, IF I WERE YOUR COACH

1. If I were your business coach, I would guide you towards the knowledge that YOU are "the product" of your school. If you are working on yourself, improving the quality of your thinking, your knowledge, your action, and the work you do on and off the mat, you're far more likely to generate a level of success you find fulfilling and important.

2. I would help you understand how to "sell" your work, to market it, in the healthiest, smartest, most organic (real, genuine, honest) ways possible. We would spend little or no time on formulaic marketing --and the majority of our time moving from making promises of benefits to creating evidence of benefits.

3. You would have a clear understanding that marketing (telling the stories of) your work is a 1 to 2 hour per day exercise. You'd also have a system for micro-managing your student body for the purpose of catching problems with students before they become issues that result in dropouts.

4. You would know precisely how to break down your biggest ambitions and goals into small, bite-sized daily actions.

ABOUT THE AUTHOR

Tom Callos heads the martial arts school consulting think-tank, The 100. Method (www.the100.us). He resides in-between Hilo, Hawaii and Auburn, California.

MASTERCLASS

PASS ONE

1: Starting from standing and ready to pass your opponent's guard. **2:** Grab your opponent's legs by the shins. Never look to control an opponent's trousers, as this makes it easier for them to gain spider guard grips. So, instead, just cup their shins with your hands. **3:** Feel your opponent's movement, and when you feel them pushing one of their legs towards you, use their momentum against them to shift their hips to one side, guiding their body with your arms. You are now ready to leg drag your opponent. **4:** Drive your right knee down to the mat and bring your chest on top of your opponent's right leg. **5:** Underhook your opponent's left arm. **6/7:** Next, start to apply pressure on your opponent's neck with your left shoulder. **8/9:** From here you are in a great position to pass your opponent's guard. Take your time, as this is an uncomfortable position for them, before moving to your left and into side control.

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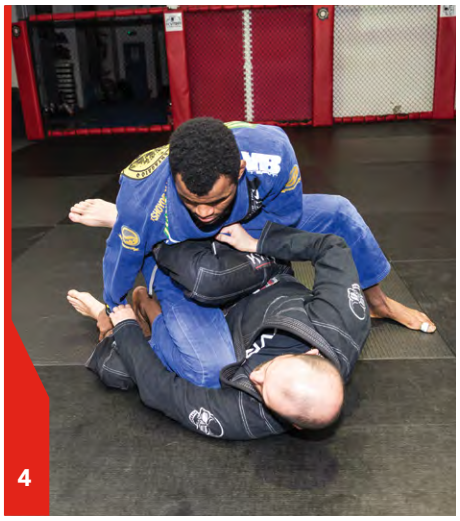
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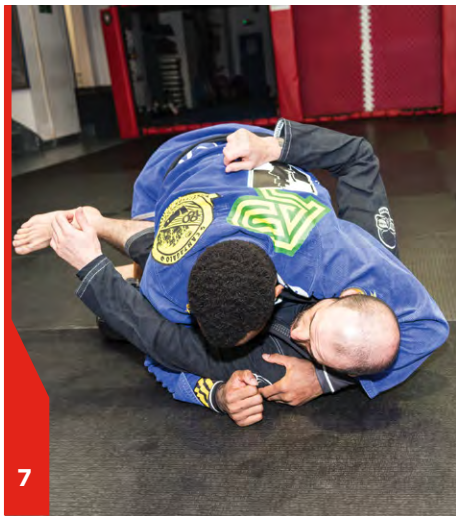
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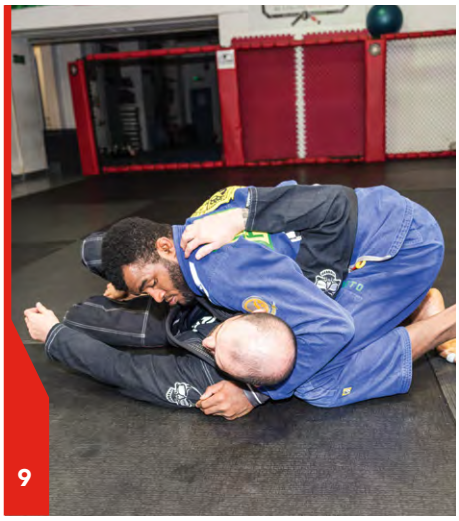
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GUARD PASSING WITH: JACKSON SOUSA

SHARING HIS GUARD PASSING KNOWLEDGE INSIDE THIS ISSUE OF JJS IS NONE OTHER THAN RISING CHECKMAT STAR, JACKSON SOUSA! "JACK" IS A BLACK BELT UNDER RICARDO VIEIRA, A NOGI BLACK BELT WORLD CHAMPION AND 2014 BLACK BELT EUROPEAN CHAMPION. HERE, JACK SHOWCASES SOME OF HIS FAVOURITE WAYS TO PASS AN OPPONENT'S OPEN GUARD.

PASS TWO

1: Grab your opponent's legs by the shins. Never look to control an opponent's trousers, as this makes it easier for them to gain spider guard grips. Instead, just cup their shins with your hands. **2:** Feel your opponent's movement, and when you feel them pushing one of their legs towards you, use their momentum against them to shift their hips to one side, guiding their body with your arms. You are now ready to leg drag your opponent. **3:** Drive your right knee down to the mat and bring your chest on top of your opponent's right leg. From here, reach over and apply pressure on your opponent's neck with your right shoulder. **4:** Keep your hips low and start moving your body towards your right, as this twists your opponent's back in a very uncomfortable way. **5/6/7/8:** Take your time before continuing to transition to your right, passing over your opponent's legs and into side control. There will often be so much pressure that they cannot wait to let you pass!

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PASS THREE

1: Grab your opponent's legs by the shin. Never look to control an opponent's trousers, as this makes it easier for them to gain spider guard grips. Instead, just cup their shins with your hands. **2:** Feel your opponent's movement, and when you feel them pushing one of their legs towards you, use their momentum against them to shift their hips to one side, guiding their body with your arms. You are now ready to leg drag your opponent. **3:** Drive your right knee down to the mat and bring your chest on top of your opponent's right leg. **4:** Gain an underhook with your right arm. **5:** Bring your left knee in between your opponent's legs, moving their right knee up towards their chest. **6:** Base out wide with your right leg. This puts you in a great position, putting your opponent under lots of pressure. **7:** When you are ready, bring your right knee tight against your opponent's body. **8:** Slide your left leg upwards and arrive in the mount position.

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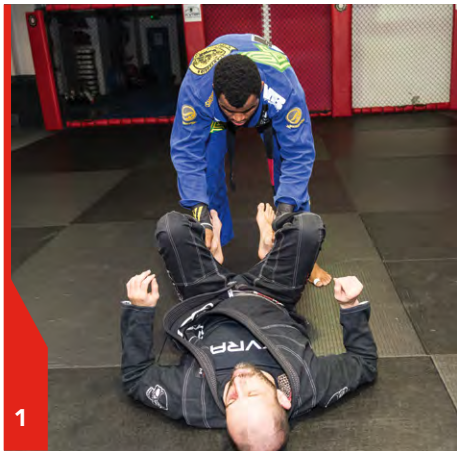
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PASS FOUR

1: Grab your opponent's legs by the shins. Never look to control an opponent's trousers, as this makes it easier for them to gain spider guard grips. Instead, just cup their shins with your hands. **2:** Feel your opponent's movement, and when you feel them pushing one of their legs towards you, use their momentum against them to shift their hips to one side, guiding their body with your arms. You are now ready to leg drag your opponent. **3:** Drive your right knee down to the mat and bring your chest on top of your opponent's right leg. **4:** Gain an underhook with your right arm. **5/6:** Use your right leg to drive your opponent's right leg up towards their head, this will put lots of pressure on their spine. **7/8/9:** When you are ready, slide over your opponent's right leg and into side control. Take your time – let your opponent feel the pressure!

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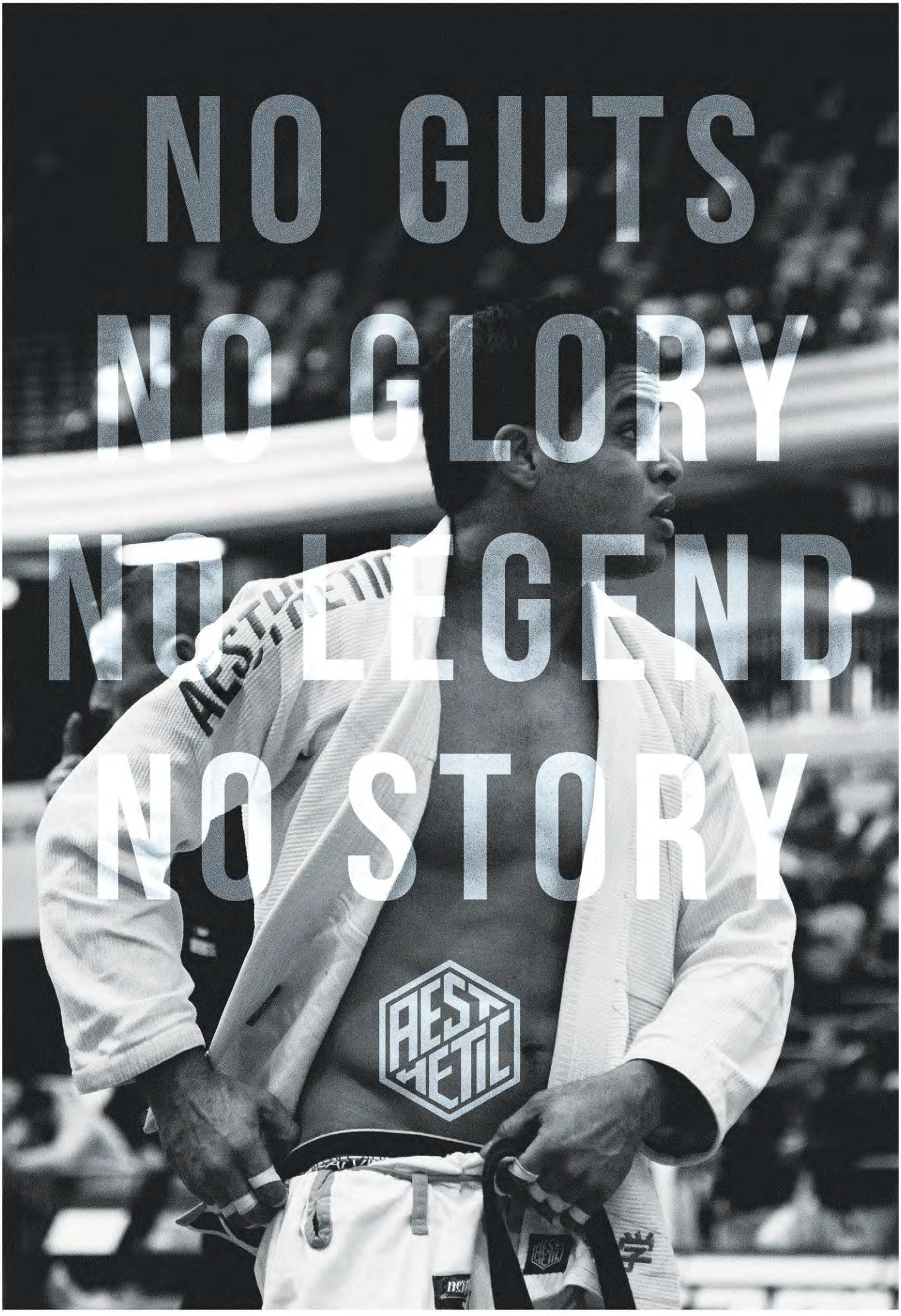
PASS FIVE

1: Grab your opponent's legs by the shin. Never look to control an opponent's trousers, as this makes it easier for them to gain spider guard grips. Instead, just cup their shins with your hands. **2:** Feel your opponent's movement, and when you feel them pushing one of their legs towards you, use their momentum against them to shift their hips to one side, guiding their body with your arms. You are now ready to leg drag your opponent. **3:** Drive your right knee down to the mat and bring your chest on top of your opponent's right leg. **4:** Slide your left arm deep underneath your opponent's right armpit. **5:** Next bring your left knee between your opponent's legs and start to drive your head underneath their chin. Also make sure you keep control of their right trouser leg with your right hand. **6:** Push your opponent's right leg onto the mat, twisting their body. At the same time, place your head on the mat in front of you. **7/8:** From here, lift your legs off the mat, performing a headstand, before transitioning into side control on the right hand side of your opponent's body.



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ASK THE DOCTOR

Braulio Estima is Jiu Jitsu Style's resident BJJ Doctor, helping prescribe our readers just the right tonic of tips to improve their grappling game.

Dear Braulio,
I am now 30-years old and injuries have (sadly) become more commonplace for me. Worryingly, I think they are directly linked to my style of fighting, as I like to invert a lot and play a "flexible" game. Even with lots of stretching and careful training, I feel like I'm going to have to abandon my style if I want to prolong my ability to do jiu jitsu.

Were there any stages in your career where you had to do a quick 180 and abandon a style you were developing, either because of injuries, or as a decision to make your overall game better?

Cheers - *Ollie*

Hi Ollie,
I have never had to abandon a technique completely, but I hear what you are saying. I myself don't use inverted guard and positions like that as much as I used to for similar reasons really. On the other hand though, these little injuries I've picked up from playing stuff like inverted guard have actually helped develop my game, because it forced me to work on other areas.

Even when I have these injuries, I never stop training, because I'm addicted to training. So what I'm saying is don't see this as a problem for you, but an opportunity to develop in other areas of your game. It will be hard in the beginning, but this approach will amplify your game.

There are actually some positions that I like to use in tournaments that I don't even do at the academy anymore. I know that sometimes I will need to have these positions available when at a top tournament, but my body will not allow me to use them day in day out anymore. So there are ways of being smart like this. Also, it is worth trying to be more conservative when sparring with people bigger than you. If you like to invert, it's not a good idea to invert under a 100kg guy!

TRIANGLE DEFENCE

Hi Braulio,
What's your "go to" defence when you are caught in a triangle and they've already broken your posture down? Struggling white belt in the house!

- *Mikey*

Hey Mikey,
This is a very last minute technique, but worth looking at.

1: You are already in pretty big trouble, with your opponent having locked-off a tight triangle and broken your posture. 2/3: Start by bringing your hands together to strengthen your frame, then drive your right shoulder down to the mat. 4/5: From here, jump up onto your feet then push forwards and through your shoulders with as much pressure as possible to break the triangle. 6/7/8: Keep the frame you created with your hands intact, then posture up and out of the triangle attack.

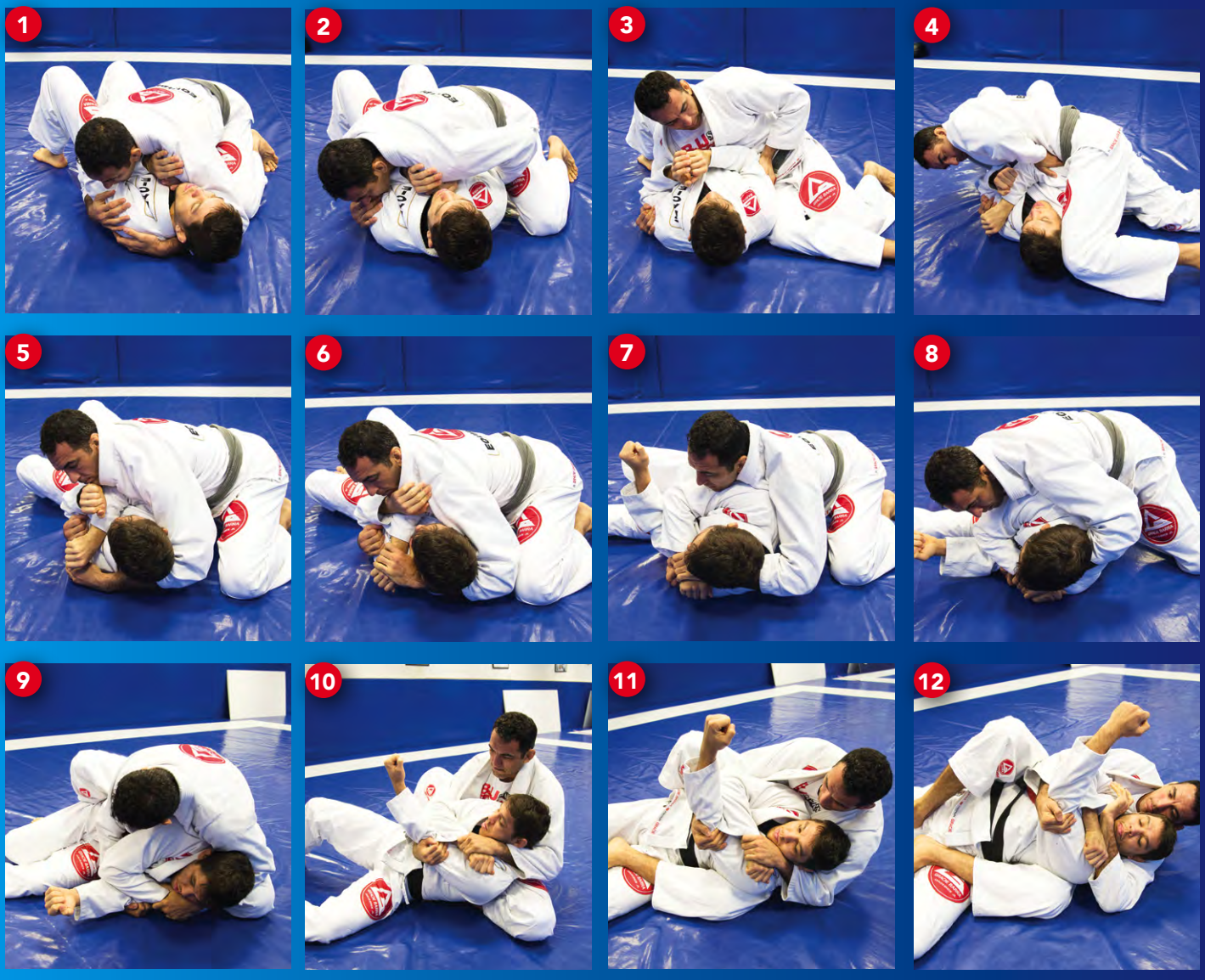
SIDE CONTROL TO BACK MOUNT

HI Braulio,
I'm really trying to work hard on taking the back as I find I can finish pretty well once I'm there. On the other hand, I really struggle to attack from mount. Is there a way you can progress from side control to back control effectively?

Thank you - *Rose*

Hi Rose,
This transition works really well for me, so see how you get on.

1: You have reached side control and want to attack the back. 2: Reach back and start to control your opponent's right shoulder with your left hand. 3: Switch your base to a keza gatame position. 4/5: Next, switch your base back to regular side control, now with your opponent's right arm secured across their own chest. 6: Grab your opponent's right wrist from behind their head. 7: Maintain your grip on your opponent's right wrist; at the same time drop your weight lower behind your opponent's back, moving them onto their side. 8: Push your opponent's weight forwards and slide your left shin parallel alongside your opponent's back. 9: Gain control of your opponent's left forearm with your right hand. 10/11/12: Maintain your grips, sit backwards and insert your hooks to take the back.



Hi Braulio,
With more and more events like Polaris Pro and Metamoris now popping up, I've started to hear people refer to specific athletes as "submission fighters". This idea seems a little strange to me, as shouldn't we all be "submission fighters"? I mean, I understand that some people play a points game better than others, but shouldn't we always be looking to finish the fight? Do you feel worried at all that we are developing two different styles of fighter now – those who know how to score points and those that look to finish?

Many thanks* - *George

Hi George,
In my eyes, these "new" tournaments won't change anything, because submission events have always happened throughout history. Also, an IBJJF 10-minute match has always seen black belts submitting people, but also black belts winning by points. You will always see people that go somewhere to submit and some that go simply to win. But, the guys who picked up submissions at Polaris will be the same guys that have to alter their mind-set slightly when they go to fight at points based tournaments.

I think that picking up submissions definitely gives people confidence, so that confidence will translate into any fight. Garry Tonon is a good example to look at. You could say his style suits Metamoris or Polaris rules, but if he takes the same approach into a points system fight he could end up facing a guy with a very different approach that really wont suit his game. I believe you have to be able to make a switch in your head between the two different approaches to fighting. The mentality of fighting will change a little because of the rules you face, but you must be able to adapt to these situations. I really don't see this as a problem, I think things will only get better.

Hi Braulio,
Bit of a random question, but were there any notable moments during your training where you felt progression really slowed down for you, even if you were training just as hard as usual? I've been training for approaching 7 years now, but I've found the last year to be the toughest in terms of a noticeable development. I understand we all have highs and lows so I'm just going to keep going, but it would be interesting to hear if you suffered with this in your career and at what belt?

- Tom

Hi Tom,
The ups and downs will never stop coming. One of the things that will help you come out of a down period is this frustration you are feeling – that desire to reach the next level again. It's like a butterfly that has to push through a cocoon in order to grow and reach its potential.

One thing that I stress is very important is to open your mind and make an effort to change your game. Trying new things is very, very important – you must use your training time effectively. If you stick to your regular game all the time then your development will be slower, as all your training partners will start to know exactly what to expect.

When you try new things, you will obviously be putting yourself into more dangerous situations, but if you persist the benefits will become invaluable. The more branches you add to your game, the more options you will have to get past difficult situations. Again, I will stress that this is never an easy process for people to understand as the natural reaction for people is to want to apply their "A game" all the time.

I'd suggest the best way to do this is to try and open up your game with lower belts of a similar weight to start with, almost using them as a sounding board before taking your new techniques into sparring sessions with higher belts. Ask yourself, 'Why did this new technique work on a white belt, but not on a purple belt?'. By doing this, then addressing the changes you need to make, you will really develop well. Remember, the goal is not to go to the academy and beat everyone. The goal is to go there, learn something and amplify your game.

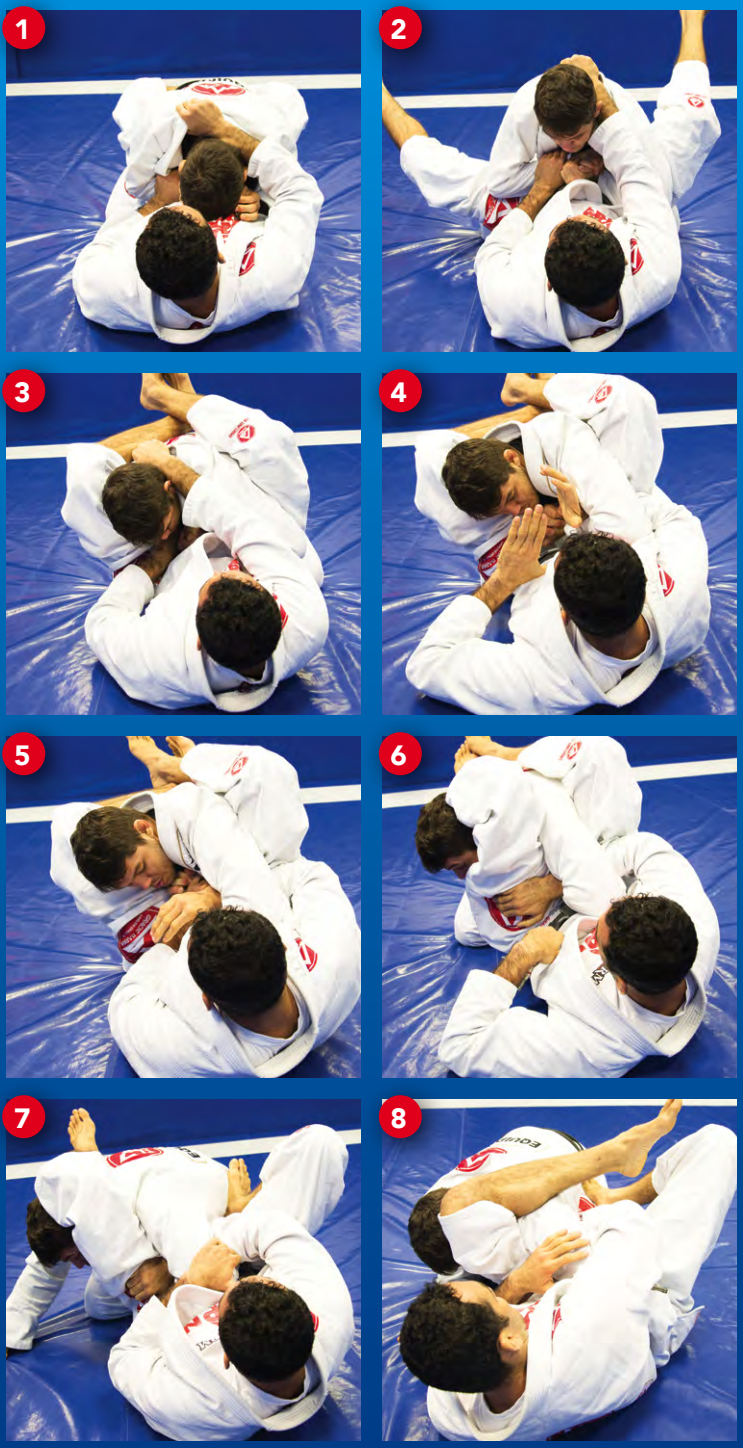
Hi Braulio,
Very broad question, but what would you say are the most neglected positions in jiu jitsu right now? I love messing around with different techniques and situations when training (like most people I guess), so wanted to know if there were any positions/techs you thought had more potential in the sport than they are currently given credit for?

Big fan - Sonia

Hi Sonia,
Tough question Sonia! Well, I would say maybe people neglect closed guard a little these days, but that's my opinion. I guess it's a question that is better asked to each individual, as I am sure as individuals we all neglect a specific position. Maybe we should all ask ourselves, 'What is a position I never try to use?'

I don't think there's a specific position that is neglected in jiu jitsu as a whole, but of course we are all different and our body types make the biggest difference in this. Maybe if anything is being neglected it is the basics, as people are sometimes keen to follow a specific competitor's game. You see lots of white belts or blue belts at competitions fighting for berimbolo, but they are neglecting some of the things they should be focusing on at this stage of their journey.

BARATOPLATA



Hi Braulio,
I am assuming you have trained with Rafael Freitas, so I was hoping you wouldn't mind showing his baratoplata from any position you find it works well? It looks pretty sick.

- Neil

Hi Neil
No problem, here is how I use the position after shooting for a triangle.

1/2/3: You have successfully secured a high guard on your opponent after shooting for a triangle, but your opponent has their hands clasped together making it hard to finish the submission. 4: Underhook your opponent's left arm with your right arm, pushing your arm all the way through so you can place it on your left thigh. 5/6: Lock off the position by placing your left hand on your opponent's left elbow and bringing your left foot to the left hand side of their neck. 7: Place your right foot on your opponent's left hip. 8: Push down with your left leg, maintain pressure with your right foot and start to move your hips to the right to finish the submission.

SHEDDING THE GI

LUIZ TOSTA

Having immigrated to the UK in 2003, Luiz Tosta has forged an impressive path and an array of successes both as a fighter and in business. The Mario Reis black belt is the reigning UCMMA bantamweight champion, multiple IBJJF Pan Am, European and World medalist, as well as owning two bars and a café. Pretty impressive stuff!

In this rendition of Shedding the Gi, Luiz showcases a range of his favourite submissions, as well as sitting down to discuss some of his amazing journey through jiu jitsu.

Hey Luiz, could you tell us a little bit about how you ended up training and running your businesses here in London?

Well, I had a good friend who was living in London. He said to me, 'Luiz, you have to come here, there's plenty of opportunities to make some money'. I remember he said that I'd be able to save £100 per week, which was a lot of money for me then.

I was a blue belt under Mario Reis at the time and I had been training jiu jitsu every day. My mum and dad kept asking me what I was doing with my life, saying I needed to get a job. I ended up borrowing £1000 from my mum to show immigration to come the UK. She was going to get a new car, but I convinced her that I'd pay her back quickly. I used to sell gis as well at my gym, so I sold all my stock and bought my ticket to come and study – I had a one year visa. I arrived in March 2003.

So did you manage to find somewhere to train straight away?

I first started training here at SOAS University. A group of us would meet up at 8am to train – this was for like, four months. Actually, a funny story, I lived in a house with five Brazilian guys, and I would also put mats inside the room at the house and train with them. I didn't have any money, so they all put like £50 on the table for me so I could go back and fight the Worlds as a blue belt in Rio.

I went to the Worlds, fought as a blue belt and got third place. Mario gave me my purple belt just before I came back to London. Once I got my purple belt, I actually started to teach at SOAS University. I ended up teaching there for ten years.

How did you end up opening your bars and restaurants?

So I was teaching at SOAS, but I also started to work security at a bar. One day, the manager of the bar was fired and they offered me the job. It was a hard time, as I used to work until 6am, and it was around this time I also started my MMA career. Anyway, after about one year an opportunity came up for me to open a bar; it's like a Rock and Roll club.

After a while an opportunity came up to buy half of the Spanish bar that was in the basement of the same building, so I got involved with that as well. I then finally ended up opening my café too. And so it started like that, working on the

business side of things and I was also trying to train as much as I could.

When this all started I was living with eighteen Brazilians! So I had two houses, four bedrooms in each and I used to rent it all out. This really helped me with money, as my rent worked out at something like £10 per week. I was still only twenty two at this point, and all of my friends were very into going out clubbing, taking drugs and stuff like that. I didn't like to be alone, so I'd go out, but then come back and have my cheese toasty and a hot chocolate instead of drugs (laughs). It's funny though, because that's why I say jiu jitsu saved my life. I used to always be thinking about the next day, about going training, so I never got tempted with all the bad things that can come into peoples' lives.

You are a very successful jiu jitsu and MMA fighter, as well as a businessman. You must be very proud of where you are in your career overall?

I really am man. I have to thank my family and my wife. I met my wife in my bar, as she came in to celebrate her birthday. Three days later she offered to marry me to help with my visa. She said to me, 'why do you go so quiet whenever a police car drives past?' I was like, 'because my visa has run out and I'm driving with no insurance or licence!' Anyway, she said if all I needed was her signature on a piece of paper it was no problem. Now we've been married for ten years and have two beautiful kids.

What's a normal day for you now, as you must have an awful lot to squeeze in?

Well I start in the morning by taking my kids to school, and then I come back to my café for breakfast. After that I go to the gym to have a walk or a run and to stretch a little bit. Next, I come back home and tend to business stuff, as there's always something I need to look at or a place I need to be.

After that I will have my lunch then head off to training at 2:30 with my team at London Shootfighters. Training finishes around 4:30, so then we go and eat something. If there's a competition coming up I'll do another session in the evening. It used to be really hard when I was also teaching, but now things are much easier as I only teach seminars here and there when I want to. In the evenings I'll play with my kids, spend time with the family and that's a normal day for me.

That's amazing! So talk us through your career as a fighter so far?

I've won at the British championships and also the Brazilian State championships many times. For me, I am really proud of my blue belt bronze medal at the Worlds, and I am very proud of the silver medal I got at the Pan Ams as a brown belt. I had only been a brown belt for one month before fighting at the Pan Ams in the USA. Then the next year I got silver again at the Pan Ams, followed by winning the Europeans as a brown belt in 2007. I got gold again in 2009 at the Europeans as well.

In 2010 I went to the Worlds to fight. It was the year Roger Gracie submitted everyone. I had the pleasure of training every day with Roger, Luciano Cristovam and some other guys before we all went to the Worlds. I lost in the semi final that year in a really nice fight, a very close fight. I got third place at the Worlds that year, and then Mario gave me my black belt on the podium.

I know I'm getting a little bit older now, but one thing I will never do is fight master division. There's nothing wrong with fighting masters, and there's a lot of tough guys who fight masters, but where are all the eyes and attention at competitions? The adult divisions gain the recognition, and I want that recognition if I train hard.

So now you are competing in MMA and are on a six fight winning streak, are you happy with how your career has been going recently?

It's been going really well man. I would be lying though if I said I am happy with where I am now in my career. Fighters always want to fight on the biggest stages possible, the biggest stages in the world. I truly believe I can beat some of the guys I see on the biggest shows. Of course I'm not saying I can be the champion as I'm not ready yet, but I have the game to win fights.

"THERE'S NOTHING WRONG WITH FIGHTING MASTERS, AND THERE'S A LOT OF TOUGH GUYS WHO FIGHT MASTERS, BUT WHERE ARE ALL THE EYES AND ATTENTION AT COMPETITIONS? THE ADULT DIVISIONS"

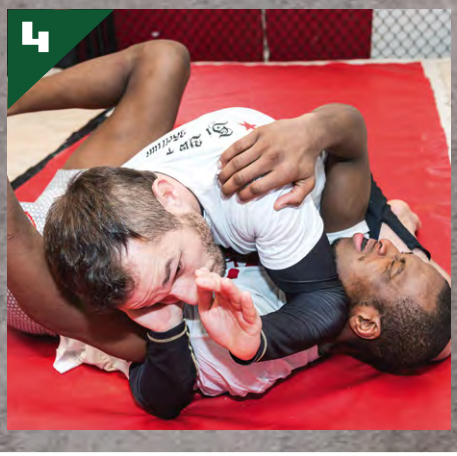
The only thing I can keep doing is to be true to myself and do the best that I can. I've made lots of sacrifices man. I mean I have a bar – do you know how hard it is to have a bar and not have a drink (laughs)? Anyway, I've not had a single drink in coming up to one year now because I am working to be the best that I can be as a fighter. Even having you here recognising me for my achievements and hard work is great for me. Let's see what the future holds.

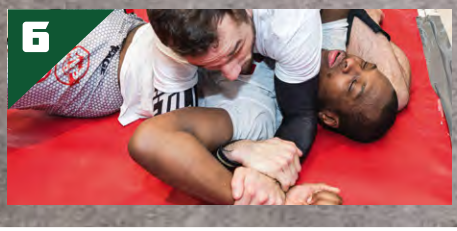
Thanks for your time Luiz, is there anyone you'd like to mention?

Thanks to all my coaches and friends at London Shootfighters, as they're all amazing. Thanks to the Black Thursday team: Max Campos, Edu Goncalves and Marco Canha. These guys are making the difference for me. Thanks to everyone I've trained with!

AMERICANA FROM SIDE CONTROL

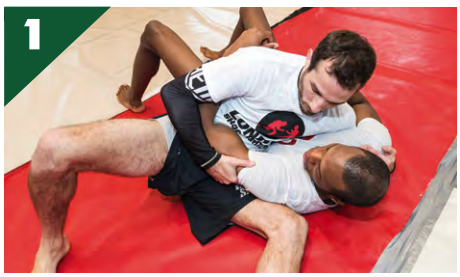
1: You are in side control with solid head control. **2:** Bring your right hand to your ear as if you are answering the phone. **3/4:** Bring your left arm over your opponent's head. From here, use your elbow to create pressure on their neck and jawline. Notice that your left hand is ready to catch the Americana. **5/6:** The pressure you are applying on your opponent's neck is very uncomfortable, so an inexperienced opponent will try to release the pressure with their right arm. As they bring the arm around, catch it with your left arm and secure the Americana. **7:** Keep your wrists on the floor and bring your opponent's elbow down to their hip before rolling your wrists and elevating their elbow to finish the submission.

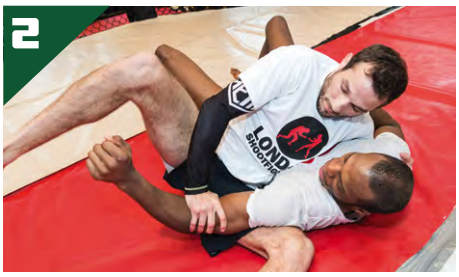


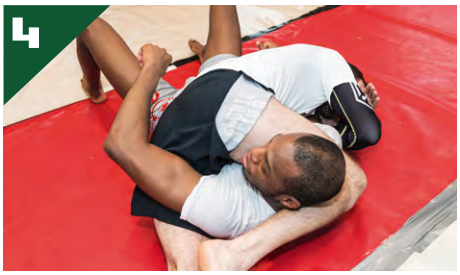


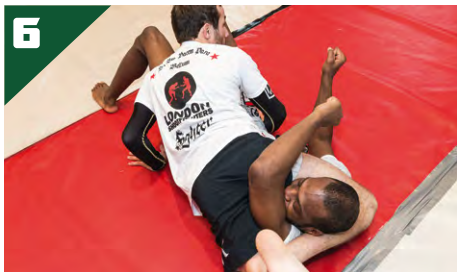
TRIANGLE FROM SIDE CONTROL

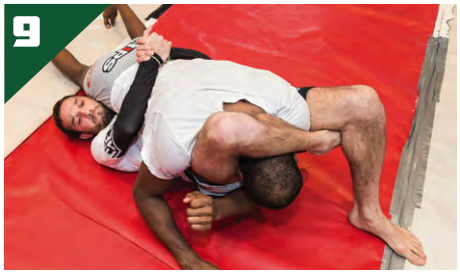
1: Starting from side control in a sort of kesa gatame position. **2/3:** Bring your right leg over the top of your opponent's left arm. **4:** Next, push your opponent's head away with your right arm and bring your right leg all the way over their head. **5/6:** Lock off the triangle and sink your hips backwards to help readjust and tighten the choke. **7:** If you cannot get the tap from the top, roll to your back. **8/9:** Lock off a gable grip around your opponent's waist. Finally, lift your hips off the mat to finish the triangle.





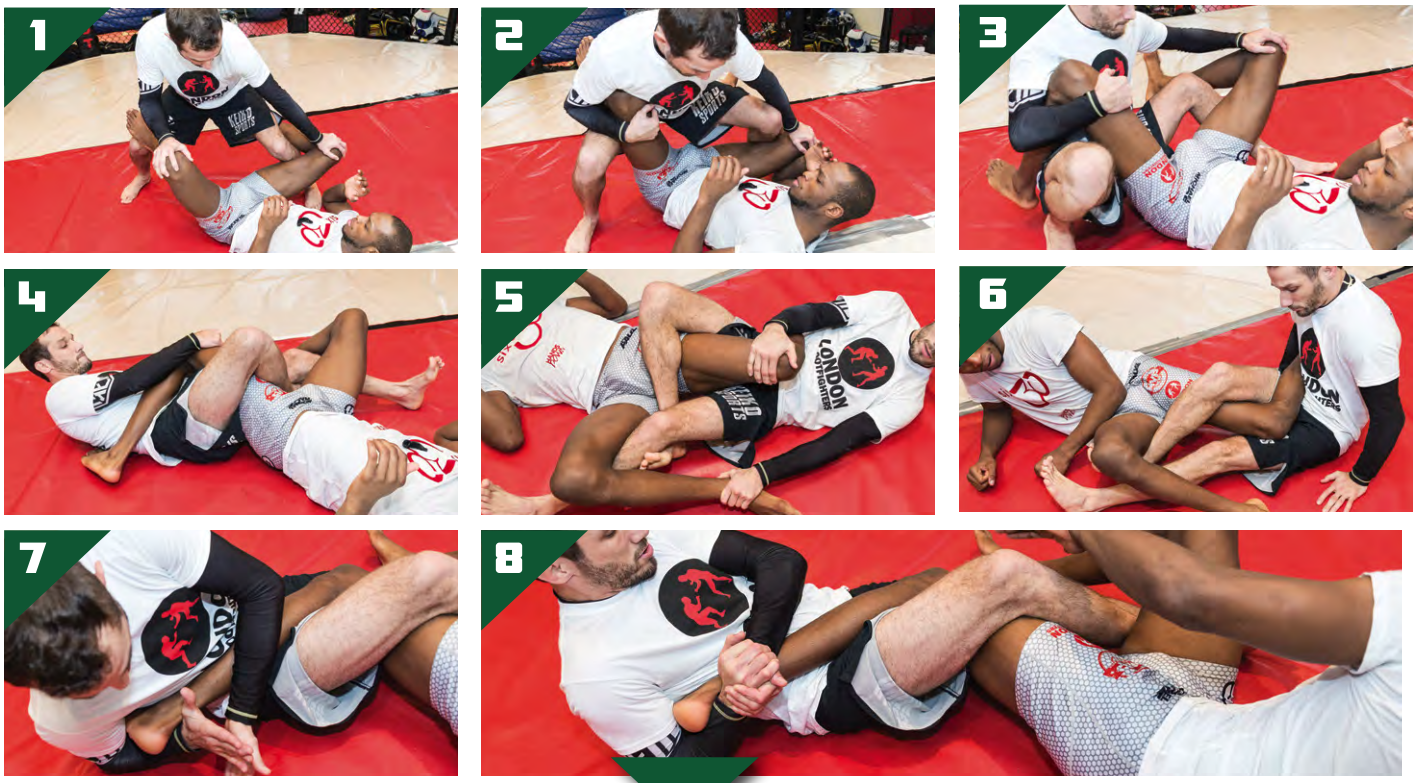






HEEL HOOK

1: You are on top and attacking your opponent's open guard. Keep your left leg forwards, pushing on their knee so that they cannot insert a de la Riva hook. **2:** Move forwards so that your left knee is pushing on the back of your opponent's right knee. Also, cup your opponent's right knee with your right hand, ready to attack. **3/4/5:** Sit backwards onto the mat, at the same time bringing your right leg across your opponent's right hip. From here, I like to lock off a triangle and extend my left leg to secure the position. Remember that in IBJJF rules this would result in a DQ. **6:** Sit up and bring your back off the mat. **7:** Bring your right forearm underneath your opponent's left heel. **8:** Keep your elbow tight to your body, at the same time twist your torso towards the left to finish the submission. I like to watch my opponent's knee, as you can often see it twisting and that is a sign that the lock is being applied properly.



CALF SLICER OFF HEEL HOOK

1/2/3: You opponent senses a heel hook is coming and they manage to twist to their right, freeing their right leg and turning away from you. **4:** As your opponent attempts to run away, lock off a triangle on their left leg, controlling their ankle with your hands. **5:** Sit up and gain control of your opponent's hips with your hands around their waist. **6/7:** Maintain your grips, at the same time drive your hips forward to perform the calf slicer.

TECHNIQUE

DOUBLE UNDERHOOK PASS COUNTERS

TRIANGLE ONE

1: Your opponent has double underhook control and is attempting to smash past your guard. **2:** Start by controlling both of your opponent's sleeves so they cannot advance their grips. Open your knees as wide as possible to take your legs off their shoulders and rest them on their arms. Stretch your body to make your hips as heavy as possible to try and break their grips. **3:** Once you have created enough space, place your left foot onto your opponent's shoulder to control the distance. **4/5/6:** Take your foot off your opponent's shoulder and shoot for a triangle. Pull both of their sleeves towards you and raise your hips to lock off the submission.

WITH NICK BROOKS

HOW OFTEN HAVE YOU BEEN STUCK WITH A PERSISTENT OPPONENT TRYING TO DUMP YOU ON YOUR HEAD AND STACK PASS WITH DOUBLE UNDERHOOK CONTROL? THIS CAN BE A REALLY TRICKY (AND UNCOMFORTABLE) POSITION TO ESCAPE FROM ONCE YOUR OPPONENT HAS CONTROL. HERE ARE SOME OF MY FAVOURITE COUNTERS TO THE POSITION THAT HAVE WORKED WELL OVER THE YEARS – I HOPE THEY HELP!

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TRIANGLE TWO

1: Your opponent has double underhook control and is attempting to smash past your guard. Their grip is strong and you cannot break their grip. **2:** As your opponent attempts to lift your hips, push their wrists upwards and drop your hips to the floor. **3:** Slide one of your legs downwards and free from their grip. **4/5/6:** Next, raise your hips to attack with a triangle, making sure to keep your hips off the floor to make the final adjustment easier.

AMERICANA

1: Your opponent has double underhook control and is attempting to smash past your guard. **2:** Start by controlling both of your opponent's sleeves so they cannot advance their grips. Open your knees as wide as possible to take your legs off their shoulders and rest them on their arms. Stretch your body to make your hips as heavy as possible to try and break their grips. **3:** Bring your left foot onto your opponent's hip then lift your own hips up to create space. **4/5:** Next, bring your left leg all the way across your opponent's right hip. To finish the Americana, pull both sleeves towards you whilst pushing your left leg through as deep as possible. **6:** You can also grab under your opponent's right wrist and push their hand towards them to break the grip and finish the Americana more easily.

COUNTER SWEEP TO SIDE CONTROL

1: Your opponent has double underhook control and is attempting to smash past your guard. **2:** Control your opponent's right elbow as tightly as possible, at the same time pass your right arm under your own body to block their right knee. **3:** Turn your body 180 degrees and drive your hips forwards to sweep. **4/5/6:** As you get on top, slide your right leg over their head to sit into side control.

STRAIGHT ARMLOCK

1: Your opponent has double underhook control and is attempting to smash past your guard. **2:** Slide your right arm under your opponent's left armpit. **3:** Reach over your opponent's left shoulder with your left hand and link your hands together. **4/5:** Pull with both your arms and drive your right leg downwards to break your opponent's grip and isolate their arm. **6:** From here, you can finish with a straight armlock or a triangle.

BICEP SLICER

1: Your opponent has double underhook control and is attempting to smash past your guard. **2:** Slide your right arm under your opponent's left armpit. **3/4:** Reach over your opponent's left shoulder with your left hand and link your hands together. **5/6:** Turn onto your right hip and lock a triangle around your opponent's left arm. Squeeze your legs together whilst pulling their elbow towards you to finish the bicep slicer.

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THE PSYCHOLOGY OF INJURY

MENTAL APPROACHES TO COPING WITH INJURY

Unfortunately, getting injured while doing Brazilian jiu jitsu is a fairly common occurrence. Traditionally, information on the subject has typically focused on the physical aspects of injury – the causes of injury, on the rehabilitation process, and injury prevention. More recently, however, people are starting to realise the role that psychology plays in making a successful recovery from injury, and in preventing injury in the first place.

PSYCHOLOGICAL RESPONSES TO INJURY

Remember that psychology is all about how we think, feel and behave. From the moment we are injured, our psychological reactions play an important role in how our experience of injury plays out. One common initial response is denial – refusing to accept that you are injured or not accepting the seriousness of your injury. This isn't too much of an issue it you don't spend long in this stage but continuing to pretend that you aren't injured means you sometimes keep training when you really shouldn't and do nothing to aid your recovery.

Different people respond differently to becoming injured, and these reactions can be complex and dynamic. That is, for any one person, the injury process can involve a whole range of thoughts and emotions which change over time. In the first stages, it is normal for the athlete to make an effort to understand the nature of her injury. What exactly has she done? How painful is it? How did the injury happen? What are the implications for her future engagement in BJJ?

If a BJJ hobbyist experiences minimal pain after only tweaking his knee and will be back on the mats next week after taking some anti-inflammatories and some rest, his dissatisfaction is likely to be short-lived. On the other hand, the emotional responses such as anger and depression might be far more negative and prolonged if a serious jiu jitsu competitor experiences a season-ending injury like an ACL tear. The injury is much more severe, often recovery is much longer, and it might have consequences for the athlete's reputation and finances. He may be especially annoyed if he perceives that a careless sparring partner was the cause of the unfortunate event.

Even two athletes who experience a similar injury in a similar context may have very different interpretations of the situation and therefore feel very differently about it. Ultimately, it's the athlete's cognitive appraisal of the situation which dictates his or her specific responses.

USING PSYCHOLOGY IN THE INJURY REHABILITATION PROCESS

Sooner or later, the injured jiu jitsu player's outlook becomes more optimistic, and they make efforts to cope positively with the recovery process. On the flip side, however, it can be tough to maintain motivation throughout recovery and

a return to BJJ is often accompanied by a fear of re-injury, lower confidence about performance levels, and concerns about being accepted again as a full team member. Thankfully there are a number of mental approaches we can use to maintain a positive attitude.

GOAL SETTING. Setting short-term and long term goals both for rehab and for getting back on the mats can help direct your attention to the things which will support a full recovery and encourage adherence to a rehab programme. Achieving milestones will give you a sense of self-confidence and a motivation boost.

IMAGERY. Mental imagery can benefit you during injury in several different ways. Research using brain scanning technology has supported the notion of 'functional equivalence', which suggests that creating a picture of a skill in your mind's eye activates the same part of the brain as actually performing the activity. Even if you can't physically practise a sweep or a submission, you can still use imagery to keep learning. You can also use imagery to regulate your emotions as well as the pain itself. There is even some evidence that imagining the injured body part healing can accelerate the recovery process.

POSITIVE SELF-TALK. This is less about trying to convince yourself that everything is fine and more about reframing your interpretation of the situation. Some athletes, for example, are able to view an enforced training hiatus as an opportunity to practise determination and perseverance. This is a useful skill since this surely will not be your last challenge on your jiu jitsu journey.

RELAXATION TECHNIQUES. These can help you to cope better with the stress of being injured, and can also help to reduce muscle tension that often creeps in around the injured area.

SOCIAL SUPPORT. For many of us, the social bonds we develop are important to our enjoyment of jiu jitsu. When an injury occurs it's easy to spend less and less time at the academy, and to interact less with instructors and team mates. This can lead to isolation and threats to a person's sense of identity as a BJJ athlete. It's important to maintain contact so that friends in the BJJ community can act as a source of social support. Although it can at first be disheartening to sit on the sidelines, I would strongly recommend still attending training sessions (perhaps doing your rehab exercises alongside) or at least interacting socially with your team as often as possible. These days, online resources also provide a platform for people to share their experiences of coping effectively with similar injuries (although it's always advisable to seek the opinion of a suitably-qualified professional about the recommended treatment).

Of course, the best way to deal with injury is to be pro-active and do everything you can to prevent it in the first place. In the next issue, we'll take a look at the psychological factors which lead to injury and how to minimise them.

Dr Rebecca Hill is a Sport and Exercise Psychologist chartered by the British Psychological Society, and an Education Adviser at the University of Exeter.

She is a black belt competitor under Professor Victor Estima and is a current European champion. Rebecca blogs about sport psychology and BJJ at www.rebeccalhill.com.

FIGHTING STYLES

PLAYING FOR SUBMISSIONS, POINTS OR ADVANTAGES

The submission vs points game is often discussed in regard to competition preference. But after the recent Polaris Invitational, where the victorious Garry Tonon described himself as a "submission fighter", this got me thinking; are there definite style differences between those who consider themselves submission fighters, and those who are points fighters? Which style would you put yourself in? Read on below to see which approach you feel your jiu jitsu relates to.

SUBMISSION

Garry Tonon, Jeff Glover and Atos' Kristian Woodmansee all fall under the remit of what I would consider submission fighters. At the second Eddie Bravo Invitational (EBI) event, Kristian Woodmansee lost his fight after an incredibly entertaining, high speed match: someone who exhibits amazingly technical jiu jitsu but is focused on one goal; to get the submission, even if it costs him defeat.

Does this approach pay off? One could argue that in terms of exposure, it most certain does. Soon after the EBI event, video clips of the fight started circulating on social media. People were re-posting and sharing this fight that lasted less than 5 minutes but yet people were talking about him and how great his jiu jitsu was. All this, despite losing! These types of competitor can lap up the fame and exposure of being an exciting fighter and are often likely to be invited back to compete again, as they have the potential to draw in fans. To this style of fighter, competing is all about the submission, and nothing less. Winning on points isn't really considered 'winning' at all.

"THE FOCUS YOUR INSTRUCTOR PLACES ON THE SPECIFIC TYPE OF ROLLING MAY GIVE AN INSIGHT INTO YOUR TEAM'S APPROACH TO JIU JITSU"

Many agree with this approach and feel that achieving a submission is the true essence of jiu jitsu. When it comes to rolling at your academy, what type of rolling is the focus? 5 or 6 minute rounds, or 15 minute submission only rounds? The focus your instructor places on the specific type of rolling may give an insight into your team's approach to jiu jitsu, which may or may not match up with your own approach.

POINTS FIGHTER

"Position before submission" is a mantra often heard within jiu jitsu, and it's definitely something I adhered to throughout the first few years of my training. After all, maintaining solid side control, mount or back control on your opponent for a 5 minute roll displays superior control; a core principle within jiu jitsu, right?

There have been many entertaining match ups that have ended without a submission where some phenomenal jiu jitsu has been displayed, for example Keenan Cornelius vs Paulo Miyao for Keenan's last minute pass at the 2013 Europeans. With the sudden surge of interest stemming from submission only events, those who consider themselves to be points fighters are often being stigmatised as being somewhat boring. There will inevitably be moments where the fight will be much slower paced, as points fighters are wary of giving up a good position in exchange for a submission attempt if they are not 100% happy with their position. However, those who seek to show dominance over an opponent often rack up points from passing and transitioning between positions, much like Galvao and the Mendes brothers have displayed in recent competition.

Winning by a large margin on points demonstrates superior passing, sweeping, maintaining of positions; therefore, superior jiu jitsu. Witnessing fast paced jiu jitsu where someone displays phenomenal timing, balance and technique is definitely not boring. Regardless of whether you were submitted, you can't get destroyed by someone on points and claim they weren't better than you!

So, why do some inaccurately label points fighters as boring? This has led me to the conclusion that there is a third style of fighter. The type that causes the most controversy and the type that has rightfully earned the label of 'most boring to watch'.

ADVANTAGE FIGHTER

Stalling all match, staring at the clock before capitalising on a last minute sweep or guard pass attempt to score an advantage, and then stalling out the last few seconds. We've all seen it. We might even be that person! This style of fighter is by far the most controversial of the three. Some argue it's bad for sport jiu jitsu, not only from the competitors' point of view, but from the spectators' point of view. Whereas others could argue that competitive jiu jitsu is merely a game. Games have rules, so "advantage fighters" are just playing by those rules in order to win.

This does not necessarily mean that advantage fighters do not possess the desire to become a points or submission fighter. Perhaps an 'advantage fighter' is merely a state of fighter a 'points fighter' resorts to when their opponent is at a higher level than them and is causing them considerable trouble. Perhaps they adopt a 'playing it safe' approach in order to secure a win.

This is getting confusing. Time to summarise!

Here lies the fundamental difference between the styles of fighters. Their belief in what constitutes a 'win'. Instinctive submission fighters have a simple aim; to submit an opponent whilst not getting submitted themselves, regardless of the rule set. If they don't submit their opponent, they don't feel they have truly 'won'. In the same way, unless they are submitted they may not feel like they have truly 'lost'.

Points fighters require positional dominance over a fighter (before risking a submission attempt and loss of position). These types of fighters often rack up the points against an opponent. Finally, the advantage fighter who may be a points fighter struggling to score against a tough opponent, or somebody who plays within the rules to win without risking (or losing) anything to their opponent.

Ultimately, it is the mindset of the fighter that determines whether they fall into the submission, points or advantage fighter category. Which mindset do you have?

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MACRONUTRIENTS

FOOD.

THIS ARTICLE IS ALL ABOUT FOOD.

Well, sort of. This article is about what makes up food, specifically macro nutrients (or more commonly know as 'macros').

Macros are basically what your food is predominantly made of - i.e. protein, fats or carbohydrates. Some food will contain just one type of macro, however most will be made up of two or in some cases all three. To be more specific a macro is defined as,

MACRONUTRIENT *[mak"ro-noo´tre-ent]*

An essential nutrient that has a large minimal daily requirement, including proteins, fats, carbohydrates, and water. The term sometimes specifically includes, and sometimes specifically excludes, minerals required in amounts greater than 100 mg daily: calcium, chloride, magnesium, potassium, phosphorus, sodium, and sulphur.

The topic of macro nutrients has become a murky one lately, with the term itself becoming an industry buzz word (I've never known an industry that creates so many trends, fads and buzz words as the nutrition industry). This makes things very confusing for people, as Facebook and Instagram are constantly full of posts from people with great physiques who all recommend different things (eating clean, flexible dieting, people insisting you can eat ice cream etc.). They often say every method other than theirs doesn't work and is "old fashioned" etc. This just isn't the case at all. As I have said in previous articles, these are just methods that can be applied to any nutrition plan in order to get the best results.

In the past people used to talk predominantly about a 'macro split'. This referred to what percentages of which macro made up your nutrition plan. For example you would have 30% protein, 40% carbs and 30% fat. Some people may have 30% protein, 30% carbs, 40% fat. It all depends on how your programme is set up to achieve a certain goal. Athletes who have a more intense training schedule may have higher carbs, while those looking to lose a bit of fat or who aren't as active may have a lower carb, higher fat diet. It is purely down to the individual and how they tailor their nutrition to suit their goals.

These days the current buzz term is IIFYM. This simply means 'If It Fits Your Macros'. This method is aimed at people who want a bit more flexibility in their diet. People who practice IIFYM can eat whatever foods they like as long as it fits a predetermined amount of protein, fats and carbs. So if the person wants a bit of chocolate or a bit of ice cream, they can measure it out, work out the exact amount of protein, fats and carbs and fit it into their plan.

A diet where you can eat treats and still move towards a goal?

"Sign me up!" I hear you cry.

Well it's not that simply really. While I don't want this article to be purely about IIFYM (as it is an article in its own right), this series would have been incomplete had I not mentioned it due to

"THESE DAYS THE CURRENT BUZZ TERM IS IIFYM. THIS SIMPLY MEANS 'IF IT FITS YOUR MACROS'. THIS METHOD IS AIMED AT PEOPLE WHO WANT A BIT MORE FLEXIBILITY IN THEIR DIET."

its popularity and focus in the media.

Ok, so what are the good points? The diet does indeed allow the individual more flexibility with what they eat. This means that you can have a daily treat to satisfy cravings and still move towards your goal. The good news is that this method is also backed by science. As long as you have your nutritional bases covered (macro split, micro nutrients, health etc.,) then eating this way does not have a negative impact on your goals.

Now for the bad points. While the diet is indeed very flexible, it requires you to read and understand food labels, weigh and measure all your foods (including your ice cream) and be accurate with the calculations. This is quite a lot of work, especially for someone who is just starting to get a handle on their nutrition. There is also the factor of setting up the diet correctly with the right macro (and micro) breakdowns from the start. You also need to be pretty disciplined if you hate having a specific amount of treat food. If you have trouble having just one Jaffa cake or a few Pringles without eating the full tube, this method definitely isn't for you.

Do I have clients on IIFYM? Yes I do. I also have clients on just about every method as I tailor which method I use to fit them best. The trick is knowing which method to use and when. This all comes down to having priorities in your nutrition, the clients' past experiences, their current level of knowledge, plus many other factors.

Remember that your macro breakdown, and how you decide it, is just one type of nutritional priority that you need to address. Don't forget that you also need to make sure you are eating the correct amount of calories, pay attention to nutrient timing, look at foods for health and address issues of intolerances. There is a lot to think about when it comes to a nutrition plan optimised for performance and body composition. This series will help you understand one large piece of the puzzle.

In this series of articles I will take a look at each specific macro and the potential uses for each. We will look at which one you're supposed to eat and when, plus which type of macro is best at what times - i.e. fast digesting vs slow digesting. The purpose of this is to help you to tweak your current nutrition plan in order for you to get better recovery, and make you bigger/faster/stronger/leaner or whatever your current goal is (you do have a current goal, right?).

For each article I will focus on one of the macros, looking at each of the following topics in depth:

WHAT THE PURPOSE OF THE MACRO IS.

HOW IT CAN SPECIFICALLY BENEFIT YOU, YOUR TRAINING AND YOUR HEALTH.

HOW THAT MACRO CAN BE SPLIT INTO SUB TYPES.

WHEN TO IMPLEMENT THOSE TYPES INTO YOUR PLAN.

WHICH TYPES OF FOOD ARE BEST.

WHICH TYPES TO AVOID.

WHAT TO LOOK OUT FOR ON INGREDIENTS LABELS ETC. WHEN BUYING.

HOW TO COMBINE THESE MACROS TO GET THE BEST RESULTS FOR YOUR GOALS.

It is worth mentioning again that macros are highly individualistic. I know that sometimes it seems like a cop out from coaches when they say this (and sometimes it is the case, sometimes they are just protecting themselves), but it really is the case when it comes to macros. I wish that I could give you some magical macro breakdown that would give you all the results that you are after, but I just can't.

What I will do is give you guidelines in the following articles that will allow you to adjust your own plans to fit your own goals. This is essentially what great nutrition is all about; having a sound, healthy plan that will support your goals then adjusting that plan (essentially your macros) based on the results you get. This is when the magic happens.

If you can take the tips and guidelines that I give you and thoughtfully apply them to your own plan, I guarantee that your results will go through the roof. Hold tight for my next article!

Stay healthy,

Mike

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CARBS

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FIT 2 FIGHT

FOCUS AND MINDSET WITH ANDY MARSHALL

DOING WHAT I DO, I AM CONSTANTLY ASKED ABOUT TRAINING AND NUTRITION: HOW MANY SETS, HOW MANY REPS, HOW TO LIFT, WHAT TO LIFT, WHEN TO EAT, WHAT TO EAT ETC. NOW THESE ARE ALL IMPORTANT THINGS, AND THINGS I DO LIKE TO TALK ABOUT. BUT, TO ME, THE MOST IMPORTANT THING REGARDING TRAINING IS THE MOST OFTEN OVERLOOKED ASPECT OF TRAINING - WHAT GOES ON INSIDE YOUR HEAD AND HOW YOU MENTALLY PREPARE YOURSELF FOR YOUR WORKOUT.

If your mind is not right and focused on the task at hand, how can you expect your body to perform to its full potential? I'm not talking about focusing on the outcome, or your goal, but about that one thing right in front of you at that moment that will lead you to that goal.

That set of squats you are about to perform, are you just going to do what it says on that piece of paper your coach gave you, then move on to the next exercise until the workout's over? You've done your programmed session, so you will get your results, right?

Or, are you going to focus everything on that next set: are you going to crush that steel in your hands trying to leave your hand print in it? Are you going to squeeze your upper back and lats so hard you feel you could snap that bar over your back? Are you going to drop so deep that there seems like no way out? Are you going to drive out of that hole so hard that the ground could crack, then when you hit the top position are you going to suck in a big gulp of air, then do it all again because this piece of iron in your back will not defeat you?

"IF YOUR MIND IS NOT RIGHT AND FOCUSED ON THE TASK AT HAND, HOW CAN YOU EXPECT YOUR BODY TO PERFORM TO ITS FULL POTENTIAL?"

This starts the moment your session begins; as you warm up, are you just going through the motions, having a chat whilst you do your movements? Between your sets, are you talking to someone about what you did last night, are you on your phone checking Facebook or texting during your session, just waiting for that two minutes to go by before you follow what the piece of paper says again? Are you looking to see what others are doing in the gym, are you letting yourself get distracted? This is partial focus.

Or, as your warm up begins, are you focused on the movement you are doing? Are you doing it to the best of your ability, are you zoning out everyone else in the gym, are you the only person there? Are you running through the check list of everything your body should be doing/feeling at this moment, going over in your mind how you could have done that last set better, heavier, harder, and how you are going to implement that on your next set, whilst you pace up and down like a caged animal?

People may think you're crazy. Crazy?! As opposed to what: NORMAL? I don't know about you, but I don't want to be normal in the gym, I want to be crazy and do crazy things that normal people couldn't even imagine being able to do. If you want to lift those heavy loads, you are going to need to use that rage that rises inside of you. We've all heard of "Beast Mode", well you can't just turn that on and off, you can't get "BEAST" for your set then switch it off to check your phone.

Once you get there you want to stoke the fire, you want to pour petrol on it, get raging. You need to be ready to do battle with the bar, the time you have between sets is your time to get psyched up for the next battle. You didn't get as many reps as you wanted last set? What are you going to do? Accept it? Hell no, you psych yourself up to battle again; you CAN do better, you CAN work harder. You focus, you pace up and down, nothing matters. A fire could break out in the gym, you don't care - the world will have to wait for you.

This is not just the ramblings of a crazy man; the significance of this mindset is huge. If you did the same exact workout twice, once with someone talking in your ear and you playing on your phone between sets verses training with laser focus, I can guarantee you that you'll get more out of the session where you are focused and free from distractions.

On paper everything is exactly the same, the one difference is how you attacked it. I'm not suggesting you all get into an uncontrollable rage when training, but you do need to focus to perform certain challenges. You can have the most scientific, elite level program ever, but if you attack it without conviction you will get nowhere.

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GIVEAWAY

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WIN A MANTO "LUCHA" KIMONO!

How would you like to get your hands on one of Manto's brand new "Lucha" kimonos? Here's your chance!

Manto have been producing stylish, top quality jiu jitsu gear for over ten years, with the Lucha kimono one of their best offerings to date. The design is clearly inspired by Mexican wrestling culture, and the gi comes in blue or black.

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To enter our draw to win a Manto Lucha kimono, all you need to do is answer the following question:

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C) 200

Send your answers to bjjstyle@gmail.com with your full name, best delivery address and size information.

Good luck!

Closing date – 15th May 2015. The draw takes place on 18th May 2015 and the winner will be notified by email. One entry per person.

For a full list of Manto products visit:

WWW.MANTOFIGHT.COM

JIU JITSU STYLE REVIEW CORNER

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To have your jiu jitsu gear featured in JJS, send us an email at info@bjjstyle.com

JARDINE 'EVOLUTION' KIMONO

This is a kimono sure to resonate with fans of karate or the striking arts. The 'Evolution' gi is brought to you by regular *Jiu Jitsu Style* columnist, Matt Jardine, who is a long time karate student and BJJ blue belt under Roger Gracie.

This all white kimono is offset with orange edging on the skirt of the jacket, as well as featuring an orange drawstring around the waist. The main design elements are situated on the upper back section and right arm of the kimono jacket, and they are pretty eye catching. The main back design, created by Gartista, shows the popularly depicted evolution of human, but with the human evolving into a striker and grappler. This same design can be found across the inner neck section of the gi jacket.

Matt Jardine's karate logo is also situated on the lower back and upper left arm of the gi jacket, with the wording 'jiu jitsu division' situated underneath the emblem. As previously stated, this is a really appealing product for anyone who sees synergy between striking and grappling.

As a product, the kimono is generously cut, but the sleeves do come in a little short straight out of the bag. After a few cold washes we did also notice some shrinkage, so grapplers with long arms could find gi checks at IBJJF events problematic.

Though perhaps not a premium offering in terms of cut and fit, the price point is probably as cheap as you are likely to find. Coming in at £55, this is a great option as an intro gi, or for genuine karate/BJJ fans who have been waiting patiently for a collaborative project!

AVAILABLE VIA WWW.JARDINEKARATE.COM FOR £55

TATAMI FIGHTWEAR "MEIYO" GEAR BAG

The Tatami Fightwear Meiyo (which translates to *respect* in Japanese) is an absolute beast of a gear bag, with plenty of room for everything you'd ever need for those long, brutal days of training. Though not the first gear bag Tatami have ever produced, this is by far their best constructed and most stylish offering.

The main bag compartment is massive, and would easily accommodate four kimonos and additional accessories if so desired. The bag features the customary holdall handles, as well as a larger strap to carry the bag over your shoulder. Some areas of the bag are constructed from mesh material, making it breathable and allowing wet kit to dry more speedily. There is also an additional side compartment should you want to keep any gear separate from the main section of the bag.

Though the bag is large and caters for everything you'll ever need at training, the material is pretty light when empty. From a design perspective, it's kept pretty clean, with prominent Tatami Fightwear logos running along the sides and top of the bag.

If you're after a solid kit bag, but want to stay within the realm of jiu jitsu brands, then this is the product for you.

AVAILABLE VIA WWW.TATAMIFIGHTWEAR.COM FOR £38

THE OPEN ELBOW, RYAN HALL DVD REVIEW

Ryan Hall is head instructor at Fifty/50 Jiu Jitsu in Virginia, USA. Notching up a string of notable tournament wins over his jiu jitsu career, Hall's DVD instructionals have been widely hailed as some of the best on the market and dissect many of Hall's most successful competition tested techniques.

Hall's previous titles, such as *The Deep Half Guard*, *The Triangle*, *50/50 guard*, *Back Attacks* and *Inverted Guard*, among others, are known to be heavy on concept as well as actual technique. This DVD set takes the conceptualisation a step further by examining the open elbow and how it affects such a wide area of both attack and defence in grappling. Viewers who are not fans of Ryan's talkative style may be further put off on this set as he seems to take much more air time at the beginning of each chapter and throughout the timeline. Those who relish his in depth analysis however will enjoy the copious knowledge he dispenses.

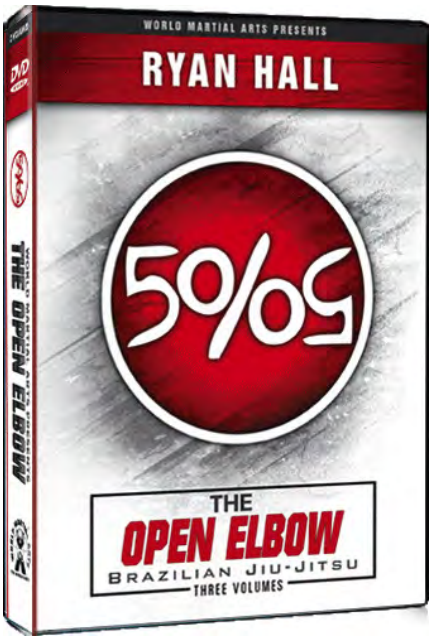
The open elbow is when the opponent's elbow is positioned at a distance away from the side of his own torso. Obvious examples where the elbow is positioned far away from the side of the body would be the kimura and Americana (keylock) submissions. But of course, there are many other situations and examples where moving your opponent's elbow far away can be useful.

Hall begins this lengthy 4 hour box set by explaining what the open elbow is and how to recognise the importance of how it affects both attack and defence for both players. Only at half way through the first disc does Hall introduce actual techniques, (half guard, side control and top mount) but even here, Hall describes these as illustrations of the concept of opening the elbow and that viewers should try to experiment in these positions.

Disc two is dedicated entirely to the kimura. Not as you imagine as a method of submission (which Hall does show) but mainly as a versatile means by which you can effect a number of other moves to attack the opponent from a top game perspective. A couple of the moves hark back to Hall's earlier DVD on the arm triangle. Towards the latter part of the disc, he covers several moves that find their way into the crucifix position, and options to attack from here. Intriguingly, he suggests the reverse triangle as a viable submission attack, again, utilising the kimura grip to get into this position.

Disc three concentrates mostly on the omoplata. Again, this submission/position is used by Ryan to illustrate his open elbow concepts, this time from a bottom game perspective. Naturally he begins this disc by covering tips on how to create an opening and then to execute the omoplata to its best advantage. Chapter 7 in particular allows Ryan to truly dissect the minutiae of the most effective way to execute omoplata, including all the 'wrong' things that a lot of BJJ players do. The latter half of the disc takes a look at a variety of other opportunities to explore the open elbow and he includes a number of attacks from when you are in turtle – a position not covered very often in other instructionals. By now it is clear how important it can be to recognise the open elbow as a structure from which to hang off your attacks and movements. This is illustrated very proficiently in the final chapter where Ryan and Seth flow roll, moving from one open elbow position to another.

The format of this instructional set is slightly different to the more standard practice of, 'here is a technique and this is why it works...' Instead, Hall's set offers us a single concept and plenty of techniques to illustrate how that concept works. Throughout, Hall offers his usual highly articulate descriptions behind the techniques. He likes to use common day analogies to highlight certain points, especially surrounding the descriptions



of body structure and mechanics. Overall this is an in depth, analytical examination of jiu jitsu techniques seen from a structural point of view. Although centred around just two submission techniques (kimura and omoplata) the underlying concept forms the basis of so much more and easily applies to much of what makes jiu jitsu so fundamentally efficient.

AVAILABLE VIA GROUNDFIGHTER.COM FOR $124.99

AESTHETIC FIGHT SHORTS

Aesthetic are perhaps best known for their awesome range of special edition kimonos, such as the 'Whiteout' reviewed in issue 24 of JJS. That said, their latest array of nogi gear looks pretty epic, especially their latest patterned fight shorts.

The first thing you notice about these fight shorts is the drawstring closure system on the waistband. As well as featuring a regular drawstring, there's a soft, Velcro flap that folds over the waistband so that everything is tucked away neatly - a nice touch. The shorts are also extremely soft and flexible when rolling, with both the waistband and leg areas offering plenty of give when twisting and turning.

The leg length is a little shorter than you'd come to expect from traditional board shorts, but for us this is a genuine plus. The fit and length of the shorts means there is no extra, baggy material to either get caught up with flailing limbs or grabbed by your training partners.

From an aesthetic perspective (see what we did there) these shorts score highly on our charts. The stretch, black, crotch section is offset by a deep grey pattern across the rest of the shorts, and they really do come across as a classy, expensive bit of kit. The main Aesthetic logo is situated on the right leg and waistband closure system of the product, while the Aesthetic hexagon motif is also located on the back right hand side of the shorts.

So, what sort of price would you expect to pay for such a top quality pair of shorts – about £50, right? Wrong! These bad boys come in at just £29.99 – an absolute steal for such a great product.

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GI SPOTLIGHT | PROGRESS "BE THE CHANGE" KIMONO

OVERVIEW

Coming off the back of their hugely successful 'M6' offering, Progress have pulled out all the stops in offering up one of the most eye-catching products to date in 2015. The 'Be the Change' is a premium, navy and grey contrasted kimono, which is both fantastically stylish and 100% IBJJF illegal. Retail price: £109.

JACKET

The jacket, which is made from 450 GSM lightweight pearl weave cotton, is beautifully cut and extremely soft. The bulk of the product is navy in colour, with both lapels and the skirt edging coming in light grey. Though a navy gi on its own is nothing new, the grey lapels and red, patterned neck lining offer the little bit of flair that many jiu jitsu practitioners seek from a product these days, and it's definitely a great combo from an aesthetic perspective.

TROUSERS

Unlike many kimonos these days, Progress opted to stay clear of ripstop cotton when making their 'Be the Change' trousers. For us, this is a plus as we are much more comfy wearing heavier duty cotton trousers. The trouser fit was pretty standard – not too baggy or overly tight when rolling. Once again, the 'Be the Change' logo is situated on the upper left leg section of the trousers. The waist is secured with a standard rope drawstring, with plenty of loop holes to keep things secure.

DETAILS

Progress gis tend to come in a little big when it comes to their general sizing. We were advised to use an A1 for our 5ft 8in reviewer, which turned out to fit near perfectly straight out of the bag. After four washes there were minimal signs of shrinkage, with just a few centimetres being lost on the trouser legs.

For us, the contrast of such an unusual colour scheme, paired with the distinctly classical Gracie Academy-esq branding, gives this kimono real character and appeal.

SUMMARY

An extremely well constructed product that, despite being touted as lightweight, felt very durable. The navy colouring seemed to hold up well after four washes, with no sign of uneven fading across the jacket or trousers, which is important.

The kimono was fun to wear, fun to roll in and sure to be a real hit amongst the gi addict community. You also get a pretty epic red-patterned bag with this purchase – another plus! Remember to order down a size if you're unsure of a Progress kimono's fit, or contact the brand for confirmation before purchasing.

AVAILABLE VIA

WWW.PROGRESSJJ.CO.UK

FOR £109

WORDS: HANNAH GORMAN PICTURES: CALLUM MEDCRAFT

POLARIS PRO

TOURNAMENT REVIEW

IF YOU DIDN'T MAKE THE JOURNEY TO CARDIFF ON SATURDAY 10TH JANUARY - YOU MISSED OUT! THE FIRST POLARIS INVITATIONAL WAS HELD AT ST DAVID'S HALL IN CARDIFF CITY CENTRE IN WHICH MANY ANTICIPATED AN AMAZING NIGHT OF GRAPPLING.

THE CARD WAS ABSOLUTELY STACKED, AND IN MY OPINION, WAS THE BEST LOOKING JIU JITSU CARD OF ANY GRAPPLING EVENT I'VE SEEN.

DARRAGH O CONAILL VS MAX CAMPOS

I've been a big fan of Darragh since watching him guillotine his way through the brown belt kumite. The opening fight between him and Max Campos was slow to get started, both a little hesitant to engage, breaking off each other's grips in the stand up.

When the fight hit the floor Darragh managed to show off some single leg X-guard and a few nice sweeps. A battle of 50:50 guard meant they both dived for a couple of leg locks, but nothing too threatening. The rest of the match was a battle of guard passing. Max did a good job of preventing Darragh from passing which resulted in a visibly frustrated Darragh by the end of the 15 minutes.

O CONAILL AND CAMPOS FIGHT TO A DRAW

DALE AND SILVERIO FIGHT TO A DRAW

KIT DALE VS VICTOR SILVERIO

Kit Dale always manages to entertain me on social media (with his comedy sketches and silly posts on Instagram and Facebook) but I was yet to see a grappling match from him quite as entertaining. So, I didn't really know what to expect from Kit. He pulled guard on Victor at the start and Victor made several explosive attempts to pass. Victor moved incredibly fast and got a few cheers from the crowd for his attempts. Kit played a very calculated open guard game. At times he seemed very relaxed, and almost content with letting Victor pass before reclaiming guard again. Kit managed to get back to his feet and show off some of his foot sweeps.

They both played a bit of 50:50 before Kit sat up, giving Victor a brief stint at playing guard. Kit attempted a leg lock towards the end of the fight, but it didn't seem to give Victor any concerns. Victor scrambled to his feet as time was called. The match had its fast paced moments, and flickers of flair from Victor, but it all felt a little too safe from Kit.

MICHELLE NICOLINI VS ANGELICA GALVAO

Polaris showed its support for women's grappling when it put together this highly anticipated match-up. 7x world champion, Michelle Nicolini, vs a fresh new black belt in the form of Angelica Galvao. Most of the people I spoke to had Nicolini down for the win right from the start in this one, due to her massive amount of experience at black belt competition (and her renowned nasty toe holds!).

NICOLINI BEATS GALVAO VIA SUBMISSION - TOE HOLD

The girls gripped up before Michelle sat to guard, closely followed by Angelica. Michelle went to sweep early, but saw an opportunity for a triangle so attacked quickly. Angelica lent right back and avoided any danger before Michelle transitioned into mount. A huge bridge from Angelica fuelled her escape, which was followed by a shin on shin sweep by Michelle which went off the mat and was followed by a mad scramble. All this action was rewarded with loud cheers and applause from the crowd as the girls were repositioned back into the centre of the mat. Both were giving 100% and it was a fantastic first few minutes of the fight. Another double guard pull and it was down to business. Angelica gripped up on Michelle's trousers and managed to pass to the side, but Michelle was having none of it and scrambled continuously to regain guard.

A quick sweep from Michelle and she was on the hunt for a foot right away. She gripped up, slapped on one of her notorious toe holds and it was game over. Easily the most entertaining match so far, despite it containing a lot of double guard (another plus for the submission only rule set!).

AJ AGAZARM VS OLI GEDDES

Time for the first nogi match up. Oli Geddes was stepping in for the injured Dan Strauss and facing AJ Agazarm for the fifth time. Nogi can often mean more action, and this fight didn't disappoint. AJ caught Oli in a super-tight armbar right from the start, but Oli defended well, managing to fight his way out and scramble to his feet. Whilst the crowd cheered his escape, Oli went to bump fists with AJ, who faked a return fist bump and capitalised with a very sneaky double leg. The crowd's cheers started to blur into a loud boo which AJ laughed off.

Oli almost got his revenge in the form of a dogbar (kneebar from top half guard) and super-tight looking footlock. He was unlucky with both of those attacks and spent the rest of the fight defending AJ's relentless attacks. AJ managed to get the submission with a triangle/armbar hybrid.

AGAZARM BEATS GEDDES VIA SUBMISSION - TRIANGLE

FOWLER AND TELLES FIGHT TO A DRAW

MIKE FOWLER VS EDUARDO TELLES

Great cheers echoed from the crowd when these two legendary fighters, Mike Fowler and Eduardo Telles were introduced. They put on a great display of old school jiu jitsu, with Telles' pressure passing and Fowler's deep half guard sweeps. Telles passed guard a couple of times and held side control before Mike regained his half guard. Mike had a few near sweeps from his deep half guard, but Telles managed to keep heavy and prevent the sweep.

This was definitely more of an old school style match up, not as fast paced and brimming with modern techniques as the previous fights, but some solid passing, sweeps and top control was displayed by the two of them. No submission though.

PABLO POPOVITCH VS EDUARDO TETA RIOS

In a last minute re-shuffle for Dean Lister, Eduardo Teta Rios faced off against Pablo Popovitch in the third nogi battle of the evening. Pablo is a prolific nogi competitor, and I remember watching his immense wrestling against Andre Galvao at the 2011 ADCCs in Nottingham. Renowned for his explosive wrestling, he sure didn't disappoint!

Pablo showed everyone who had the advantage in the stand up, with a series of double leg takedown attempts that kept the crowd entertained. He managed to takedown and pass Teta's guard a couple of times, before transitioning to Teta's back. He fought for a rear naked choke but Teta remained tight with his defence and Pablo couldn't secure the submission or position. Teta managed to stand up and try to shake Pablo off his back, which ended in a scramble and some more takedown attempts. The remainder of the fight was a series of passing attempts whilst Teta kept Pablo at bay. Teta put up a really good fight, and Pablo looked visibly frustrated with not being able to secure the submission at the end.

POPOVITCH AND RIOS FIGHT TO A DRAW

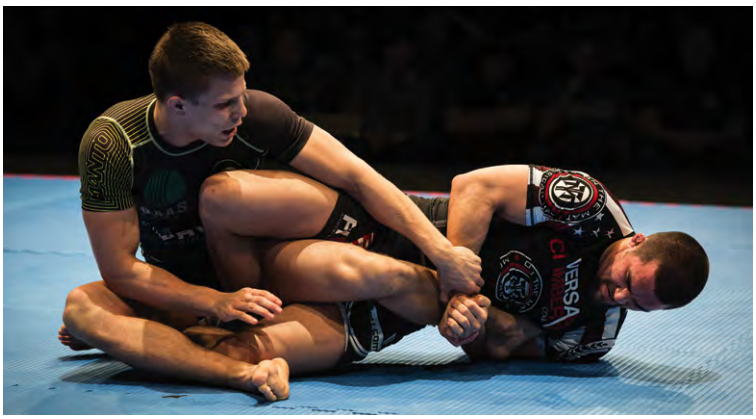
GARRY TONON VS MARCIN HELD

Quite possibly one of the most anticipated match-ups on the card. Garry Tonon never fails to entertain with his amazing sporadic style of jiu jitsu. Marcin Held has been building up a reputation within the European jiu jitsu scene as a real top level contender and a fellow lover of leglocks. These two facing off must have been a match-maker's dream!

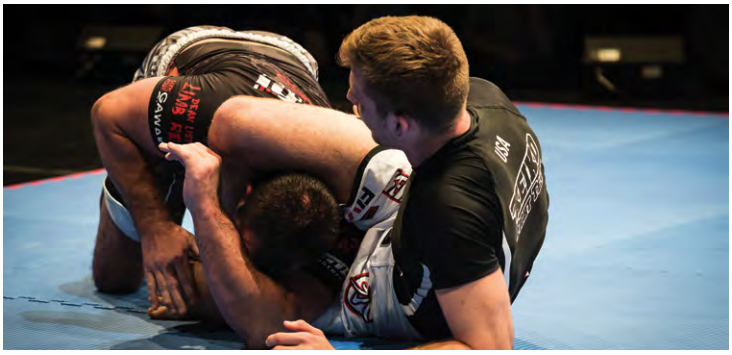
TONON BEATS HELD VIA SUBMISSION - HEEL HOOK

It was fast paced from the start, with Marcin spinning in with a knee bar from standing. I'm not exaggerating when I say that my camera was firmly pressed against my face for the entirety of this fight. I was too concerned I'd miss something for the split second my eye left the eyepiece! It was a super-fast leg lock battle, with attempts from both guys that kept everyone on the edge of their seats for the whole fight. Numerous inversions from both the fighters resulted in one of them spinning through and grabbing a foot and attempting a submission.

The difference between them was how calm and collected Garry looked throughout the match. He never really looked worried about Marcin's leg lock attempts, which may be a testament to his experience with leg locks and his game plan. The match ended around the 4 minute mark with a signature heel hook from Garry.



CORNELIUS BEATS LISTER BY SUBMISSION - TRIANGLE



KEENAN CORNELIUS VS DEAN LISTER

Unquestionably the biggest name in competitive jiu jitsu at the moment is the Atos fighter, Keenan Cornelius. After some reshuffling of the card, he faced off against master of leg locks, Dean Lister, in the headlining match-up.

In the stand up, Dean kept controlling Keenan's head and pulling it down, waiting for him to pull back. When he did, Dean shot for a double leg, but was quickly sprawled on by Keenan. Dean quickly found himself in trouble as Keenan capitalised by using the kimura lock to secure Dean's arm and attempt a straight armlock. The crowd let out a massive roar when Dean managed to escape and scramble to his feet, whilst holding onto Keenan's foot. He launched Keenan's foot into the air whilst running towards him, causing Keenan to retreat and dive into a forward roll to avoid Dean landing on him from the takedown. What a start!

Now on top, Dean faced Keenan's puzzle of a guard. Keenan quickly shot up for a triangle but Dean defended and sat back for a kneebar which Keenan had to turn and kick out from. This brought the match back to stand up where Dean used that double grip on the back of Keenan's neck to attempt a guillotine. But as he sat back Keenan elegantly jumped over into side control, avoiding any danger of Dean submitting him. Once his head was free, it was Keenan's turn to be on the attack. He used the kimura trap to secure a reverse triangle from the back. A few adjustments (and advice from Galvao shouting from the sides) and Keenan had the submission.

For their first event, the guys at Polaris have pulled off an amazing event. The card was incredible and, as already mentioned, it outshone many other submission only events. The organisation and professionalism of the event was second to none and it ran very smoothly, with no long waits between matches.

After witnessing the guys backstage before, during and after the event, I can attest to how hard they've worked and how much effort and thought went into every stage of the event. If we wish to continue to support jiu jitsu events like this I can't emphasise enough how we should be buying tickets or the official live stream to ensure more events like this happen in the future.

Roll on Polaris 2!

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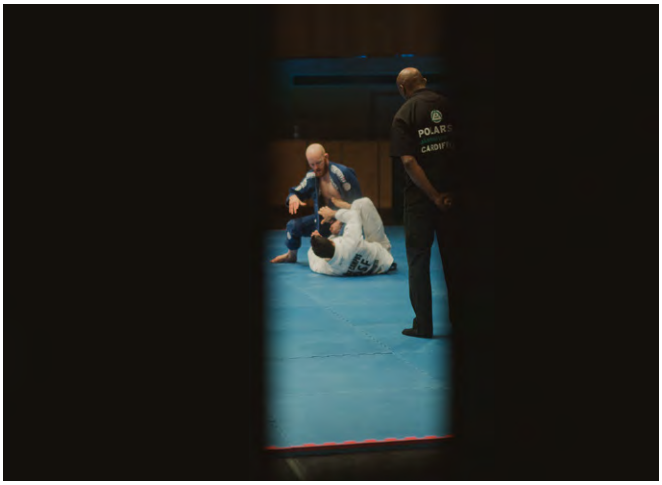
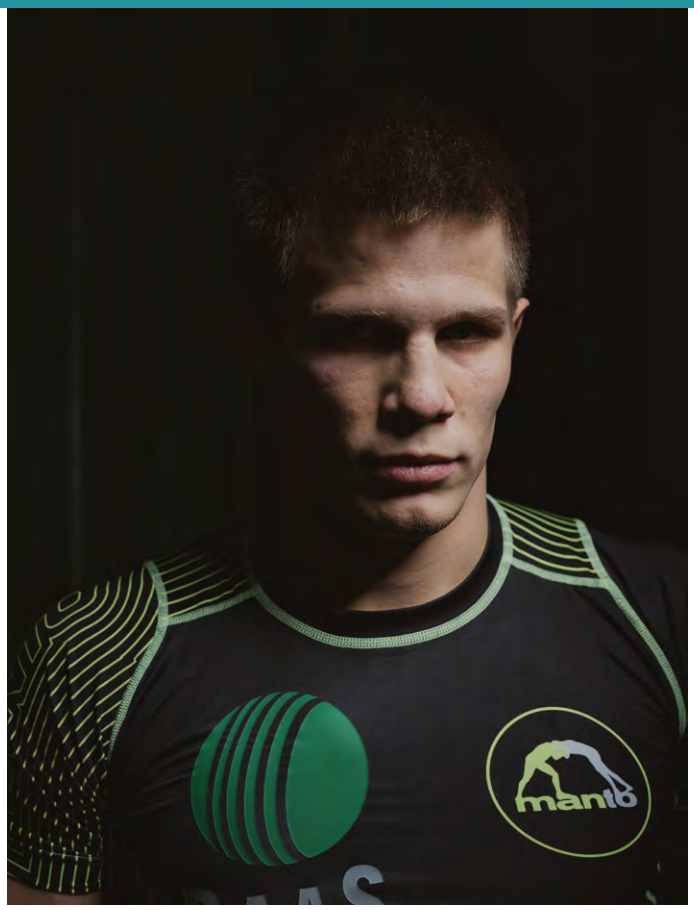
DOCUMENTARY PHOTOGRAPHY FROM ANDY DOUGLAS

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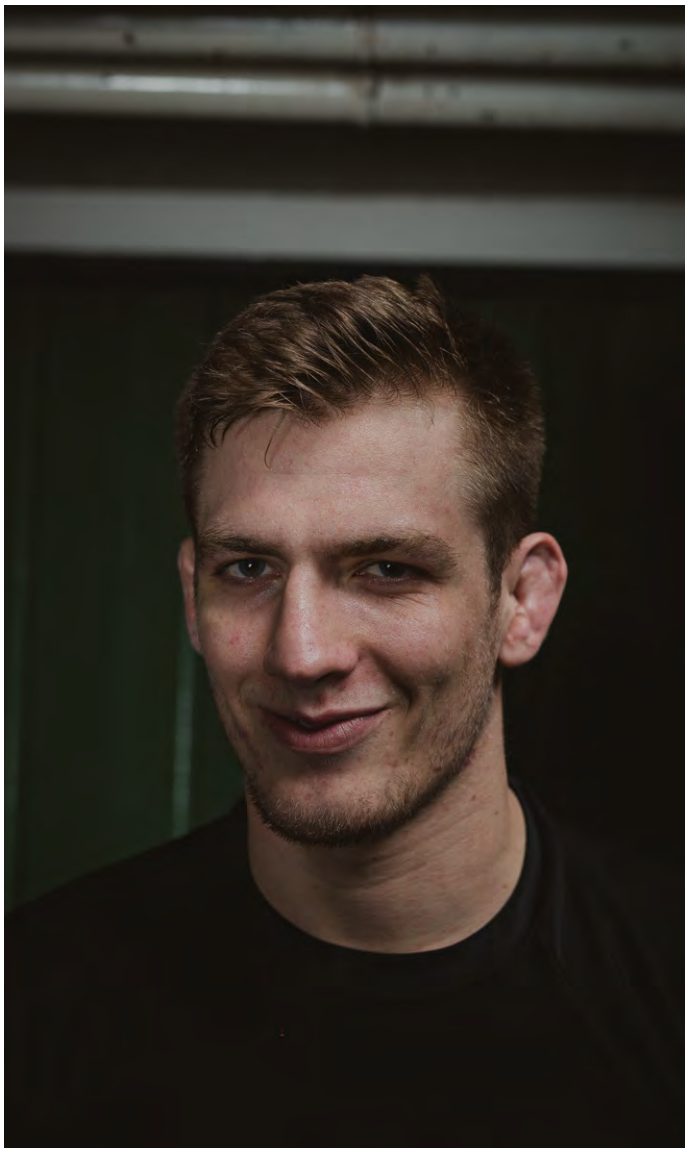

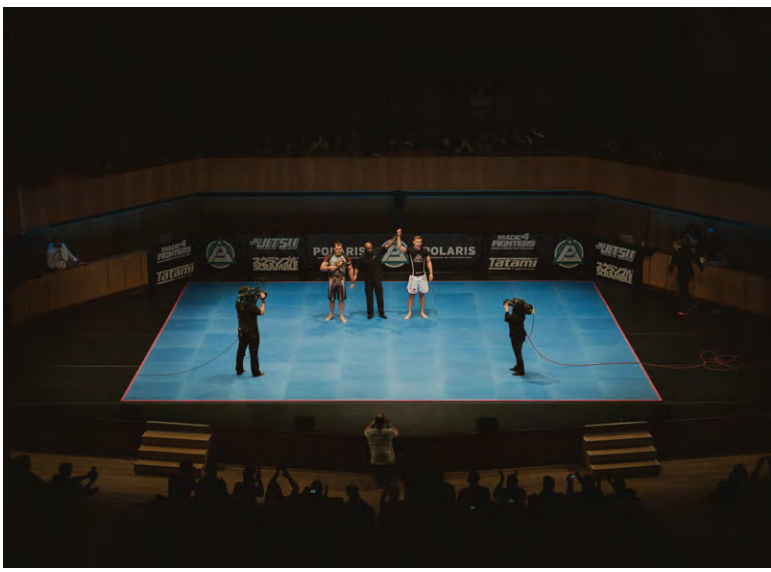
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TOURNAMENT REVIEW

PICTURES: CALLUM MEDCRAFT

IBJJF EUROPEAN CHAMPIONSHIPS

The 12th rendition of the European Championships turned out to be a record-breaking event for the International Brazilian Jiu Jitsu Federation. Held over a whopping five days, with more than 3,400 competitors registered to compete, Lisbon played host to the highest attended IBJJF event in history.

As predicted, plenty of prestigious black belt talent made the trip to Portugal to compete in the first major competition of the year, including the likes of Caio Terra, Andre Galvao, Michael Langhi and – the seemingly invincible – Gabi Garcia. Garcia and Galvao were, without doubt, the notable showstoppers, with both fighters picking up double gold medals and an array of submission finishes to boot.

In the aftermath of the black belt battles, we are left with two pressing questions:

1: With Rodolfo Vieira and Marcus Almeida turning their attention to MMA, will Andre Galvao pick up absolute gold at the Mundials this year?

2: Will Gabi Garcia become the most decorated jiu jitsu fighter in history?!

-55 kg

Final: Caio Terra (Brasa CTA) beat Nicolas Gaillard (Toulon JJB) by submission

Bronze: Andrea Verdemare (Cyclone) and Koji Shibamoto (Tri-Force BJJ)

-61 kg

Final: Joao Miyao (Cicero Costa) beat Paolo Miyao (Cicero Costa) by gentlemen's agreement

Bronze: Simon Franceschini (Cyclone) and Thomas Correa (Alliance)

-67 kg

Final: Marcio Andre (Nova Uniao) beat Gianni Grippo (Alliance) on points

Bronze: Gabriel Oliveira (Zenith BJJ) and Kim Terra (Brasa CTA)

-73 kg

Final: Michael Langhi (Alliance) beat Gabriel Pontes (Checkmat) on points

Bronze: Rafael Pereira (Gordo Jiu Jitsu) and Sandro Vieira (Checkmat)

-79 kg

Final: JT Torres (Atos) beat Davi Ramos (Atos) by gentlemen's agreement

Bronze: Jamie Canuto (GF Team) and Francisco Lara (Alliance)

FEMALE RESULTS

FEATHERWEIGHT
Final: Michelle Nicolini (Checkmat) beat Mackenzie Dern (Gracie Humaita) on points

Bronze Medals: Ana Carolina Schmitt (Nova Uniao) and Laurence Fouillat (Ribeiro Jiu Jitsu)

LIGHTWEIGHT
Final: Angelica Galvao (Atos) beat Anna Mayne (CFS BJJ) on points

Bronze Medals: Maria Gonzalez (Climet Club) and Yasmine Wilson (Roger Gracie)

MIDDLEWEIGHT
Final: Janni Larsson (Checkmat) beat Amanda Loewen (SBG International) on points

Bronze Medals: Anne Toupet (GF Team) and Shanti Abelha (Checkmat)

MIDDLE HEAVYWEIGHT
Final: Ida Hansson (Checkmat) beat Andrea de Souza (Brazilian Power Team) on points

Bronze Medals: Gretchen Zoeller (Gracie Barra)

HEAVYWEIGHT
Dominyka Obelenyte (Alliance) wins default gold

SUPER HEAVYWEIGHT
Final: Gabi Garcia (Alliance) beat Venla Luukkonen (Hilti BJJ) by submission

Bronze Medals: Samela Leite (Ribeiro Jiu Jitsu)

ABSOLUTE
Final: Gabi Garcia (Alliance) beat Mackenzie Dern (Gracie Humaita) by submission

Bronze Medals: Shanti Abelha (Checkmat) and Dominyka Obelenyte (Alliance)

-85 kg

Final: Andre Galvao (Atos) beat Renato Cardoso (Alliance) on points

Bronze: Rodrigo Fajardo (Gracie Barra) and Max Carvalho (Gracie Barra)

-91 kg

Final: Erbeth Mesquita (Lloyd Irvin) beat Paolo Jardim (Checkmat), Jardim unable to compete

Bronze: Vitor Toledo (Atos) and Antonio Antonioli (Atos)

-97 kg

Final: Lucio Rodrigues (Gracie Barra) beat Chris Bowe (Gracie Barra) by gentlemen's agreement

Bronze: Karim Mohamed Ait Khalifa (Alliance) and Felipe Beuno (Gracie Alliance)

+97 kg

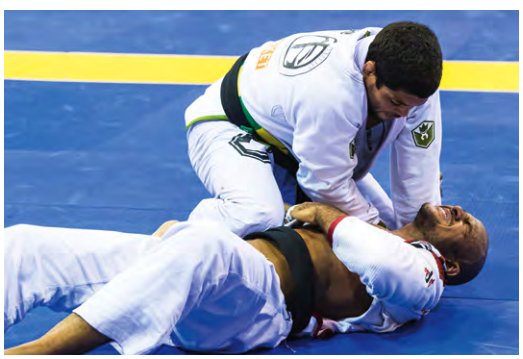
Final: Ricardo Evangelista (GF Team) beat Igor Silva (GF Team) by gentlemen's agreement

Bronze: Gabriel Lucas (Checkmat) and Jose Junior (UAE JJ)

Absolute

Final: Andre Galvao (Atos) beat Igor Silva (GF Team) by verbal submission (injury)

Bronze: Paulo Jardim (Checkmat) and Lucio Rodrigues (Gracie Barra)



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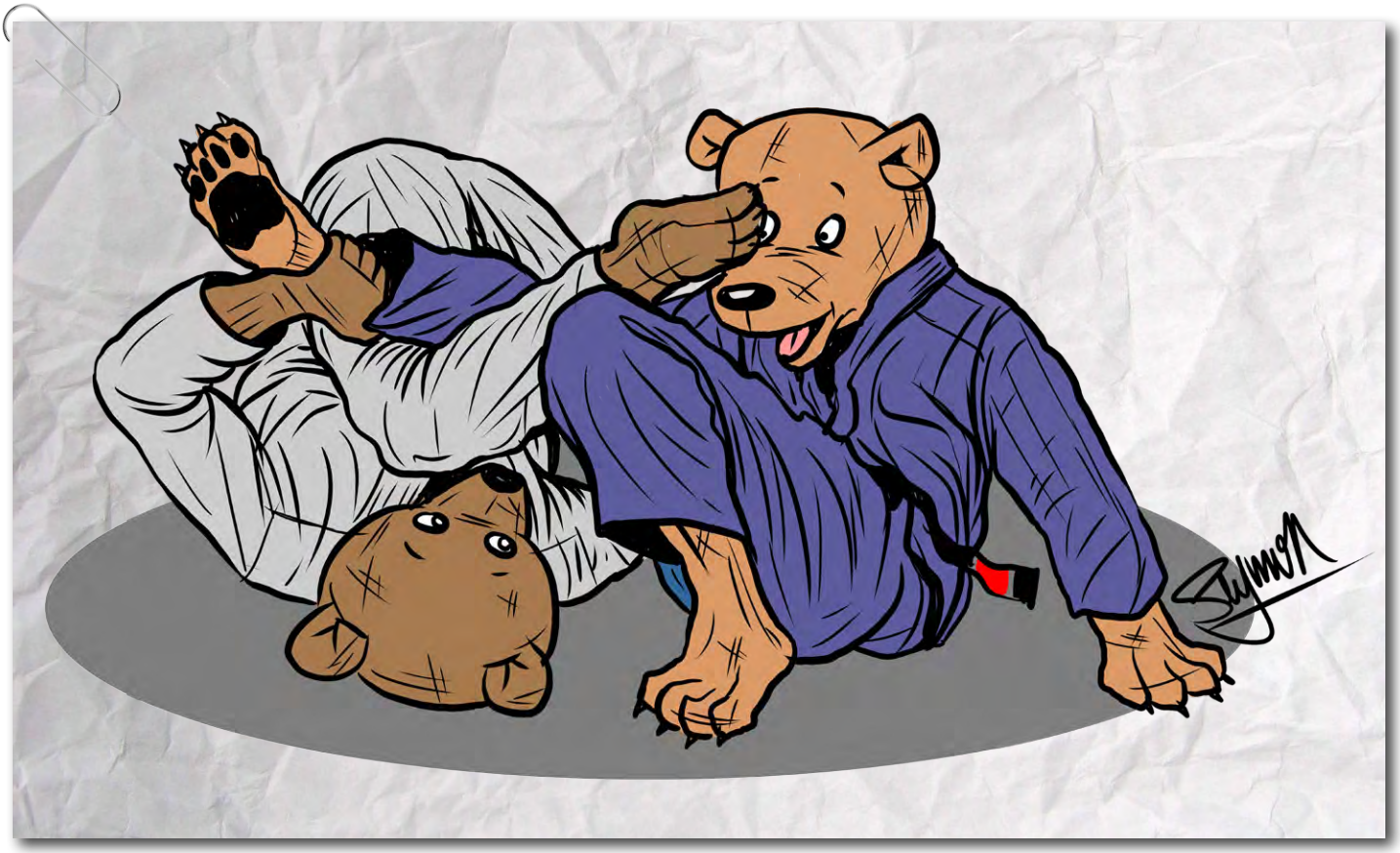
PASSING NOTES

A humorous Q&A on the topical news in BJJ today.



NAME?

Names

BEG YOUR PARDON?

Names…jiu jitsu names that is.

OH, LIKE FRED AND WILMA?

No, I'm talking about the names given to jiu jitsu techniques.

AH I SEE, LIKE 'ARMBAR' AND 'CHOKE'. SEEMS STRAIGHT FORWARD TO ME, WHY ALL THE FUSS?

You really are old school aren't you? Nowadays the kids are doing crazy moves that all have crazy names.

LIKE WHAT?

Like the berimbolo (a sweep to back take involving inversion), worm guard (seated guard position utilising the lapel of the opponent) and the electric chair (not a real chair).

THAT LAST ONE SOUNDS PAINFUL; IS IT?

Yup, just ask Royler Gracie, who was somewhat stuck inside this position when he fought against Eddie Bravo at Metamoris 3.

WHY CAN'T WE JUST NAME THESE TECHNIQUES LIKE THEY DO IN JUDO?

I agree, Japanese words used in judo are so efficiently explanatory - for example, sankaku jime translates nicely as triangle strangle. But BJJ techniques often have no direct judo equivalent and besides, people like inventing funky names.

THEY SURE DO. THE OTHER DAY I HEARD SOMEONE SAY THEY WERE USING A Z-GUARD AND QUARTER GUARD.

WHAT HAPPENED TO GOOD OLD SIMPLE CLOSED GUARD OR OPEN GUARD, EH?

Dude, if all you are using is closed or open guard then welcome to a whole new world of guard systems. You got your spider, half, lasso, butterfly, de la Riva, shin to shin, tornado, etc etc.

FAIR ENOUGH, THERE ARE A LOT OF GUARD POSITIONS, BUT WHAT ABOUT YOUR GOOD OLD FASHIONED SUBMISSION? SURELY A TRIANGLE CHOKE IS JUST A TRIANGLE CHOKE?

Yeeeah it is, but then you got your inverted triangle, reverse triangle, armless triangle and probably a dozen others, each with their own moniker. And let's not even get into the 'flying' prefix. The latest video doing the rounds is the flying back take and another one showing the flying bow and arrow choke, to add to the more conventional (though still no less flashy) flying armbar, flying omoplata and flying triangle. Someone out there is always likely to (re) discover a weird variation of a textbook move, so that person usually says 'Wow, I invented something. Let's give it a funky cool name and make a DVD out of it!'

THE CYNIC IN ME IS THINKING THAT'S THE REAL REASON FOR ALL THESE HIPSTER NAMES – AS A MARKETING GIMMICK TO MAKE MONEY!

You may indeed think that, I couldn't possibly say, I'm too busy filming my 'inverted snake guard with top hat transition' video.

DO SAY

Oooh, I've never seen that one before, what do you call it?

DON'T SAY

Meh… you call that new? My instructor's instructor was doing that before YouTube was invented!

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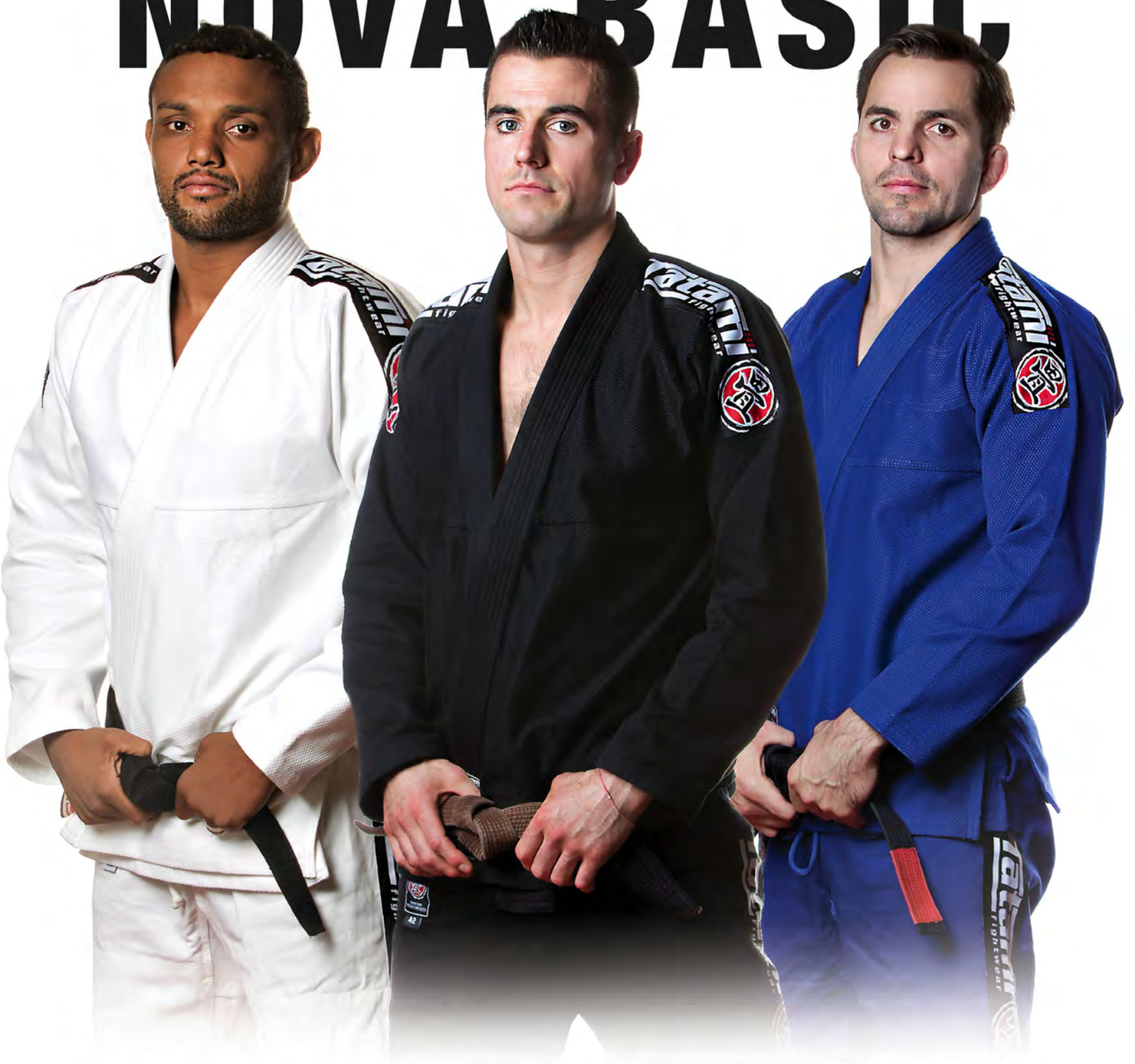

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